

DAVID SHADE'S MANUAL



David Shade's Manual

Advanced sexual techniques and practical hypnosis
to give women incredible pleasure.

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DAVID SHADE'S MANUAL

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If you do agree to the agreement on this page, then read on, play nice, give women incredible pleasure, and enjoy...

"When you know how to truly please a woman, you won't have any problem getting women, your problem will be keeping them at arms length." Mark Cunningham.

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A Truly Unique Way to Give a Woman an Orgasm

In the evening of Sunday, March 19, 2000, I flew back home after attending Mark Cunningham's three day Stage Hypnosis seminar. I knew that my life had forever changed by learning hypnosis, but I did not yet have any idea just how powerfully.

My fellow students and I had all learned how to hypnotize each other. We took turns making each other forget our names and forget numbers. Basically, we told each other what our reality would be.

We were given the task of creating an idea for a stage hypnosis skit. My suggestion was to make the subject explain why they had changed their gender for a day. It could make for some good laughs. Also in the weekend, Mark hypnotized one of the students and said "You no longer have a penis." It was real for the student. Mark was holding a cordless microphone, and jokingly said, "I have it right here and when I 'do like this' you feel it!" That made for some good laughs.

During the flight back home, I reflected on the weekend. My girlfriend was looking forward to my return. She had never been hypnotized, but she was excited about the idea. I thought about what I would have her experience. I knew that with hypnosis, I could make anything her reality. Absolutely Anything...

I decided that I was going to try the idea that I had suggested in class. I was going to make it her reality that she had changed her gender for a day, and then tell her to explain to me why she did it. Interestingly, if she were to be a man, then that would mean, yes, that she would have a penis! And, if she were to 'do like this' then she would actually feel it!

The following night she came over. I did the standing induction and then settled her down on the sofa. I told her she would forget her name. It did not work. I told her she might be the type of person who is more easily hypnotized while first sitting down. It took me 30 minutes to put her fully under. I planted no suggestions, but just let her enjoy the deep relaxation. I then brought her fully out of trance and said to her "Wasn't that fun!" She said "Yes! I did not want to come back out!" She discussed the wonderfully colorful hallucinations she enjoyed. Then I said "Now that I know the best way to hypnotize you, I would like to try something else." She declined, and conversation moved on to other topics.

Later in the evening, she became affectionate and wanted the evening's activities to move into the bedroom. I interrupted her and said "First! I want to give you a special gift. I want to give you a new way to give yourself an orgasm." She was bright eyed and ready. I told her to sit on the sofa and make herself comfortable as I sat in a chair facing her.

This time it only took 5 minutes to put her completely under. When she was deep in trance, I told her "You have decided to become a man. On the count of three, you will open your eyes, and you will be a man. One, two, three." She looked straight at me. I looked at her strangely and said "There is something different about you." She

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tersely said "You made me a man!" I said "Why did you decide to be a man?" She said "Because you told me to!" I said "Do you like being a man?" She said "No!" At this point I knew it was her reality. Then I said "The nice thing about being a man is you have a penis." She began to look embarrassed. I said "Touch your penis." She gave me a very embarrassed smile and then closed her eyes and she slowly moved her hand to touch her penis. I said "It makes your penis feel so good to touch it." She continued to touch it. I said "Caress your penis. It makes your penis excited." She caressed it. I said "You are making your penis very excited and it is getting hard. Hold your penis." She held it and her head settled back onto the back of the sofa. I said "Your penis is becoming very sensitive. It wants to be stroked. Stroke your penis." She started stroking it. However, she was stroking it at an angle out in front of her, so I said "Stroking your penis makes your penis so hard that it is standing straight up, pointing towards your face." She adjusted her angle of stroking. I said "Your cock is so hard and so sensitive. It wants you to stroke it harder. It wants you to stroke it faster." She did. Her legs opened and stiffened. Her head went back farther against the sofa. I said "Your cock wants you to make it cum. It wants you to make it cum all over your stomach. Stroke your cock harder. Make your cock cum all over your stomach." She was enthusiastically cranking away like a pro, and concentrating deeply. Only the back of her thighs and the back of her head were supporting her weight. I continued talking her through it. And then it happened... as she grunted deeply, she had a powerful raging orgasm.

After she caught her breath, and had settled back down into the couch, with her head resting to the side and her eyes still closed, I told her to rub her hands in her cum. She slid up her shirt and began rubbing her stomach. She was loving it. I told her to lick the tip of her finger. She did. I let her enjoy the feeling for a while and then I sent her back deep into hypnosis. I told her she was a woman now. The woman that she loves to be. Then I brought her completely out of hypnosis and all the way back to consciousness.

After she opened her eyes, I said "Wasn't that fun!" She gave me an 'I just did something naughty' smile. I said "What was it like?" She said "It was... like... hard core naughty, but in a good way" and she laughed. I said "Did you like being a man?" She said "No. I do not like being sexually strong or dominant." I said "Would it have worked if I had just made you grow a penis?" She said "Oh yes! I could do that!" I then asked her "Was that a real orgasm?" She said "Oh yes!" I said "What was it like?" She said "I cannot describe it. It is indescribable." I then said "Now you know how wonderful you make me feel when you make love to me." She just melted, and she kissed me and then hugged me. I then whispered into her ear: "So, anytime we make love, as you feel how wonderful it feels for you, you can also know how wonderful it feels for me." She was as much delighted as she was in a hurry to feel it in actuality.

I have to admit, it was wild watching her 'jack off.'

"Hypnosis always works." Mark Cunningham

Thinkoff

I love women. I am fascinated by women. I adore everything that defines a woman as woman. I derive no greater pleasure than pleasing a woman. I love nothing more than to give a woman the most powerful long lasting orgasm of her entire life. I had always dreamed of making a woman come continuously for an hour straight. If I could do that, then my life would be complete.

I knew that a woman's orgasm is very cerebral. Her mind is the most important factor. Therefore, I would have to play to that. My journey began a few years ago...

About six years ago, I was dating a divorced single mother who was emotionally healthy, sensual, in touch with her sexuality, a little bit on the submissive side, had a fairly good imagination, intelligent, and in most respects was basically normal. Because geography kept us apart during the week, we would enjoy some occasional phone.

One night I decided I would really play with her head and try something new just to see what would happen. I was going to go through the usual stuff, but this time, I was going to tease her by instructing her to keep both of her hands behind her head. It was just gonna be some innocent fun. So I said to her...

Me: Ok, what hand are you holding the phone with?

Her: My left hand.

Me: Now first I want you to put your right hand behind your head. Her: Ok

Me: Did you?

Her: Yes

Me: Now I want you to make me a promise.

Her: Ok

Me: Do you trust me?

Her: Yes

Me: When I ask you to make me this promise, will you keep this promise?

Her: What are you asking me?

Me: Do you trust me?

Her: Yes David, I trust you.

Me: Here is what I want you to promise me.

Her: Ok

Me: I want you to promise me you will keep both of your hands right where they are.

Her: Oh God

Me: Promise?

Her: I promise.

So then I went into the usual stuff, but this time I took even more time and this time I went into much more detail, excruciating detail. I could tell it was driving her crazy. "Are you keeping your promise to me?" "...yes" After lots of tele-foreplay I worked my way towards the good stuff. She was going fucking nuts. It sounded like

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she was grinding away at it.

Me: Do you trust me?

Her: Yes David

Me: I trust you and that you are keeping your promise to me. Her: I am David, I want to, what is happening?

It started getting hard and nasty. I was amazed that she was keeping up with me, even though her hands were behind her head. Then I went for the gold and narrated it in no uncertain terms and then it happened! She had a raging orgasm!

We caught our breath for a few seconds and then she said, "I can't believe this." I had to chuckle. "Good baby... Where are your hands?" She said "Still where I promised they would be." A few seconds later she said, "I can't believe this."

Awesome. Did she really keep her hands behind her head? I had no way of knowing for sure, but I did believe her when she said she did.

It has happened with a number of women since then. All of them were pretty much like her, in their 30's, most divorced, somewhat submissive, capable of imagination, intelligent, and basically sexually and emotionally healthy.

It only works with women that you have already gotten off before on the phone, because she has tele-sexual rapport with you. And it only works if they do not know what you intend to do, at least the first time, otherwise they will not believe you and they will resist. Future times are easier as she knows it is possible and she welcomes it.

I once read in a magazine article that some women are capable of an orgasm by simply thinking about it. They said it is called 'thinkoff'. A fitting name.

"I love women." Hue Hefner

The Deep Spot

About seven years ago, I was dating a 22 year old woman who had never had an orgasm. She did have one long term boyfriend, so I knew that intercourse or face fuck would not do the trick. So I just took my time finding what would feel good for her. With my middle finger I searched for her "g" spot, but received no response. Then I decided to slide my finger in as far along the front wall of her vagina as I could. At its greatest depth, the inner diameter of the vagina increases. This area is no longer spongy, but instead smooth and firm, with slight horizontal ribbing. I curled the tip of my finger in a "come hither" manner, while pressing hard against the ribbing and slightly pulling down. She immediately responded to this. After continuing this for a few minutes, she had a concerned look on her face. Then the most wonderful thing happened. I watched the face of this beautiful woman while, for the first time in her life, she had an orgasm. That was sweet. She then breathlessly said "David, kiss me!" Eventually she was able to orgasm readily in any manner.

According to Gray's Anatomy, this area is called the "cavity of the cervix." This area is shaped like the underside of a Frisbee, with the cervix in the center pointing downward. Imagine the way you hold a Frisbee. Your fingertips touch the inside edge of the Frisbee. Curl the tip of your finger down the inside edge of the Frisbee in a "come hither" manner. For a diagram, see www.davidshade.com/support/

Later I was seeing a woman who had only had orgasms with the aid of continual direct clitoral stimulation. Basically, she had only had clitoral orgasms. I used the deep spot on her, and within a few minutes she exclaimed: "Oh David, I'm gonna come! I have NEVER come this way! Oh, I'm gonna COME!" and she did, her very first vaginal orgasm. After a few evenings of awakening her vagina (by stimulating less of the deep spot and more of the wall of the vagina) she was able to readily orgasm in intercourse.

Because the uterus is slightly tilted towards the front, the cavity of the cervix is also slightly tilted. The Frisbee is lower in the front and higher in the back. The entire inside edge of the Frisbee, all the way around, is sensitive.

Another variation to this is to get her on her hands and knees and go in along the back wall of her vagina. Go in as deep as possible. Along the back it is deeper because the Frisbee is tilted. Curl the tip of your finger as if to press hard against her tail bone. Repeat. To her it will feel as if she is getting butt fucked. Some women find this very exciting and will experience a very powerful orgasm. I did this to one woman as she held the bathroom sink. When she was coming I thought she was going to rip the sink right off the wall. After she caught her breath, and checked for broken finger nails, she told me that she just had the most powerful orgasm of her life. "That was the grand daddy of 'em all!"

When you massage the deep spot, do it firmly. As you massage the back of the deep spot, you are simulating the "ballooning" that occurs in this area at the time of her orgasm. As you massage any area of the deep spot, you are simulating the muscle

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contractions that occur at the time of her orgasm to dilate the cervix. She can't HELP but come!

The deep spot has one important benefit over the clitoris. The problem with the clitoris is that after a few seconds of an orgasm, it becomes so painfully sensitive that it cannot be further stimulated. The deep spot does not have this problem. The deep spot is one way to give a woman a very sustained orgasm. Besides, these natural muscle contractions continue to occur for some time after an orgasm anyway.

Another alternative to this is to let her lie face up. Use two fingers, your index finger and your middle finger. Keep the tips of your two fingers about an inch apart as you rub firmly against the front of her deep spot.

I did some research and found that Chee Ann Chua, a Malaysian marriage counselor, published a paper called the "a-spot" in 1997 in "The Journal of Sex and Marital Therapy".

The text basically says: "The Anterior Fornix of the vagina is located on the front wall of the vagina just below the cervix. It is about 3/4 of an inch to 1 1/2 inches long. Its borders are not well defined. The texture is smooth, unlike the G-spot. If you place the tip of your finger over the cervix, and move it down a bit, staying on the front wall, your fingertip will be on the anterior fornix. Stimulate in a circular motion. If you move down too far, you will feel the texture change. That will mean that your finger tip is no longer in the right place."

This, gentlemen, is the front of "the deep spot." But, as I said above, the deep spot is sensitive all the way around, and, it should be stroked by bending the tip of the finger in a "come hither" fashion while at the same time pulling down.

I also found a book called 'Extended Massive Orgasm' by Steve and Vera Bodansky, copyright 2000, ISBN 0-89793-289-7.

Don't buy it, there are better books I will tell you about. But interestingly, the book mentions areas that I have written about.

Quoting from page 56: "Rub a little left and right of center, at the eleven and one o'clock positions, fairly deeply, with the pads of your two fingers facing upward. These deep pockets on either side of the vagina feel wonderful to the touch, and they feel wonderful to the woman when you stroke them with a bit of pressure."

Very, very true.

Quoting again: "Another stimulating spot is down at the six o'clock position. Press down and toward yourself to stimulate the nerves from the anus. You can also put your finger really deeply into the pocket at six o'clock."

As I have said before, that is the most powerful way to stimulate the vagina - the back of the deep spot. Get the tip of your middle finger way in deep along the back of the vagina. Stroke against the back of the vagina in a 'come hither' manner. When she gets really excited, the deep back of the vagina will begin to pocket. Press the tip of your middle finger against the back of the pocket, and with the pad of your finger, press down on the PC muscle, which will be contracting so hard that it will feel like it is going to break your finger. But drive on hard. It will drive her crazy.

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So, I enlisted my willing love lab subject (my girlfriend) and I set out to rate the various "spots." Here are the actual anecdotal findings of the experiment in increasing order of efficacy:

G-spot "good"

a-spot with circular stimulation "MUCH better"

front of deep spot with come hither stroking "Oh Yes"

back of deep spot with come hither stroking "OH God"

back of deep spot with long and forceful stroking "OH DAVID"

"A woman is a mystery to be solved. But a woman holds nothing from a true lover. Like the blush of a rose, pink and pale, she must be coaxed to open her petals with a warmth like the sun. It calls for the lust of a whale crashing to the shore, so we may steal up what lies beneath, and bring the foamy delight of passion to the surface."

Don Juan DeMarco

Spanking

Mark has said that one of the best ways to become closer to a woman is to share a taboo. So very true. A fairly tame place to start is to bring her to a fetish party.

A few weeks after we started dating, I told my girlfriend that I wanted to bring her to such a party. I assured her that if she didn't like it, we could leave. She agreed.

Upon arriving, we found a bunch of people standing around watching a beautiful young woman in black panties, black bra, and black thigh highs, bent over a chair, getting spanked by some old guy using a small multi-stranded leather whip. And she was into it!

We had conversation with a few people, and then my girlfriend wanted to leave, so we left to go to the night club. At the night club, my girlfriend asked me "Do you remember that time you tied me to the bed and then when you took off your belt you slid it across my stomach?" I said "Yes." She said "Well, to tell you the truth, it was very exciting to me." I tucked that little piece of information away for later use.

Other things I know about her is that when she is with me she likes to allow herself to be a slut and a bad girl, and she sees me as her strong man. So, the following Saturday night, on the way to taking her dancing, I said, "When we are at the night club, you will be my clingy slut. You WILL be a very bad little girl." She was. On the way home I said, "You were a VERY bad little girl. Your strong man must thus discipline you." Upon arriving home, I had to step out of the fantasy while she went to the bathroom to take out her contacts. Such is reality. Then we stepped back into the fantasy and I instructed her to disrobe and lie face down on the bed. Meanwhile, I went to my wardrobe and obtained two silk ties. Just in case reality might abruptly interrupt us, I used slipknots when I tied her wrists to the bedposts. I said to her "You are now totally helpless and your strong man is now going to discipline you." She shivered. I happened to be wearing a wide two prong heavy leather belt. I quickly slid it out of my belt loops and it made a loud slapping noise. Then I folded it in half, holding the two ends firmly, and pulled quickly to make a very loud *SNAP*. Then I dangled the belt so its tip lightly brushed her skin. She shivered again.

Then I held the buckle in my left hand and the center of the belt with my right hand and, while being very careful to not hurt her and to not redden her skin, I slapped the free end of the belt against her ass. When the wide surface of the leather belt lands squarely on her skin, it makes a slap sound. I continued slowly slapping her. Some hits are directly flat on, and some are not. The ones that are, make her head rise up slightly and she groans. Then I went to the other side of the bed and slapped her some more. Some of the hits are directed on her ass, some are directed on her upper thigh. The most effective hits are just above the fold between her thigh and her ass, and as close to the center as possible.

After doing this for a while, she said, "This is making me VERY excited." I continued. She became more excited. I said "You have been a bad girl!" She said "Oh yes." I said "But you want to come like a good girl." She said "Oh Yes!" I slapped her

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slightly harder. Eventually, I heard those musical words: "OH David OH David OH David" and she arched her back, raised her head, and screamed "I'm coming!" I continued slapping while watching in delight as she shook the bed in a raging orgasm.

Spanking can be so powerful. We discussed it later and she knew of nothing in her past that might have given her a predilection to this. What she did find very exciting was the whole fantasy of it all, and the thought that the next slap might actually hurt.

It was at this point in the relationship that she knew that I could evoke very powerful emotions in her. It was the first time in her life that she had ever been made to come without genital stimulation.

You have to stimulate her emotionally to drive her crazy sexually.

"I was quite surprised to discover how quickly my body responded to being touched in the right way. When a man knows how to make love to a woman, it changes everything." Kim Cattrall

Getting Her to Pose for Pics

Let's face it, we all want to get our girlfriends to pose naked for us. Now some women will happily strip and spread 'em at the drop of a hat. But for most women, they are a bit 'shy' and will require a little more 'encouragement,' especially if she has a position of status in the community. Certainly, getting her to pose for nude pics is a very important element of getting her to expand her envelope of sexuality. Here is the formula that I have used. It all starts out very innocently.

One night when she comes over for our date, I will say "Oh Baby, you look great, I'm going to take a picture of you." And I'll get out my digital camera and I'll take a picture of her. Then I'll upload the picture to my computer and I'll show it to her on the monitor. Then I will say how good she looks in her picture. I will then suggest that we take a picture together. I will hold the camera out at arms length or I will put the camera on a tripod and take a picture of us both. It is more personal to do it at arms length. Again we review the picture on the computer and it is enjoyable. Then I will suggest that she kiss me on the cheek as I take the picture. Then when we review that picture, I again encourage her. She at that point will be even more motivated to make the pictures even sexier. She will enjoy seeing herself in the pictures and she will make the kiss even more seductive. Then I will print out her most seductive picture and give it to her. She can always look at that picture and remember how fun it was, and how fun it was to pose seductively for my camera. That ends the first session. We go out on our date.

It is important to use a digital camera, because you and she can immediately review the pictures. She can see how she looks in the pics and enjoy it. It's all in fun and it brings you both closer together. Also, in doing all of this, remember that there has to be a good reason given to her why any particular article of clothing should be removed.

Also, make use of commitment and consistency as much as possible. Ross Jeffries tells us to use Commitment and Consistency in seduction. It can also be a very effective tool to use AFTER the seduction, IN a relationship, to expand her envelope of sexuality. For example, when doing something new with her, obtain her Commitment by saying: "I am really enjoying this. Are you enjoying this Baby?" She will say "Yes!" This is her Commitment. Now she must be Consistent with her Commitment. Use that when you want to expand her envelope even further. If she hesitates, call her on her Consistency to her Commitment by saying: "Baby, aren't you enjoying this?" She must be Consistent and say "Yes." Then make that new adventure fun and exciting and again obtain her Commitment to that. On and on.

On a later day, I will buy her a special piece of clothing, like a sexy corset, or sexy underwear from Victoria's Secret. Then of course, when we are home, and she puts it on for me, I tell her how very sexy she looks, and I suggest that I take a picture of her because she does look so sexy. While taking the pictures I continually encourage her. I say things like "Oh yeah, Baby, that's it, that's it, oh yeah Baby, that's

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beautiful." Then I will show her the pictures on the computer. She will really begin to really get into it. Then I will suggest taking pictures in a different position from a different angle. And back to the posing we go for more pictures and more encouragement. Then I will again show her the pictures on the computer monitor. By now she is really getting into it, feeling very feminine and beautiful, almost boastful and exhibitionist, and really beginning to ham it up for the camera to really make it look sexy. Then I say to her: "Baby, your breasts are so beautiful, I want to get a picture of your breasts, take your bra off." This usually isn't very difficult. She may offer some resistance, like: "These pictures aren't going to show up on the Internet are they?" And you of course I say "Oh no Baby, these are strictly for you and me!" I will put her in flattering poses and then show her the subsequent flattering pictures. I encourage her further, and she grows increasingly excited about the poses.

After she has enjoyed seeing the flattering pictures of her topless, the last article of clothing must come off, her panties. This is the most difficult piece of clothing to liberate. I will say something like: "Oh baby, your panties are cutting into the side of your hips right here, take your panties off." If she offers resistance, I'll say "Its alright Baby, you will keep your legs together at all times." If she needs further convincing, I will say "Oh Baby, your naked body is so beautiful, don't you want a picture of it? You are very beautiful to me, and I certainly want a picture of you" and then a lot of encouragement and making her feel really sexy. Once the panties are off, let her really ham it up for the camera. It is important that you always make her feel special and beautiful.

Again, print out the most sexy pictures for her. Let her enjoy looking at them for a couple weeks, and for her to enjoy having such flattering pictures taken of her, and for her to think about doing it again. As time goes by, she will fantasize about it again. Then comes the really fun one.

One night, when she is feeling really sexual, I will suggest more picture taking. When she agrees, I start snapping pictures, but then I suggest that it would be wonderful to take her pictures with the video camera. She may offer some resistance, like "What are you going to do with the tape?" I will assure her that "I will guard this tape with my life, and I will view it on those nights when we cannot be together, and it will make me feel as if I am actually with you." I will hold the video camera and I will let her really ham it up. She will see herself on the TV screen as we discover increasingly sensual poses for her. Then I will set the video camera on a tripod or on something nearby, and I will get in the picture and start kissing her. Heavy petting ensues. I may then say "Oh Baby, you have made me so excited, you are so sexy." And the next thing you know, you are making your own home porno movie.

The next time you get her in front of the video camera, hypnotize her and make it her reality that she is a porn queen. :-)

"Then suddenly I was hit with a revelation. The way a woman's body is made, the way a man's body responds to it. The fire burning in my loins, the intense desire to

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merge as one. It all came together in one brilliant flash." Don Juan DeMarco

Slip in the Back Door

I set out to help my girlfriend lose her anal virginity. So, for you rump rangers who wanna do your girlfriend's dirt chute and pack some brown, here's how it all went down.

On a number of occasions, while my girlfriend had been on all fours, I have used my middle finger to stimulate the back wall of her vagina very deeply. After one such occasion, she said "That almost felt as if I were getting butt fucked." I asked her if she liked that feeling. She said "Oh yes, it was very exciting." I asked her if she had ever tried anal sex, and she said "Yes, once, but it was too painful and I did not want to do it." I asked her if she might someday consider trying it again and she said "No!"

A week later I was playing with her, using my fingers, while she was lying on her back. She was wet to the point of dripping down onto the sheets. While she was concentrating on what would soon be her orgasm, and while she was at the height of her receptivity, I allowed the lubricated tip of my pinky finger to press against her anus. There was no objection. I pressed harder to just slide the tip of my pinky in, up to the first joint. Her concentration popped. I assured her I would be gentle. I did not, however, remove my pinky. I slowly resumed the vaginal stimulation, and she resumed her concentration. When she got really close, I pressed my pinky in just a little farther, up to the second joint. She didn't seem to notice. Then when she started her orgasm, I gently slid my pinky out and back in a few times. The association was made, albeit small.

We talked about it later and she said it had been exciting for her. But I could not help thinking about how tight it was just to get the tip of my pinky in, and wondering how in the hell she is gonna take in the helmeted gladiator. But then I thought, hey, she's been layin' pipe for near 30 years now, so it should not be that much of a stretch for her to sit on this.

At times, I will narrate a fantasy into my girlfriend's ear. She loves it and can really get into it. For her, anything is possible in a fantasy, even though it may not be something that she would actually do herself. She really gets off on being an apparently "very proper woman" on the outside, while on the inside being a "very naughty girl." I use that framework, which really gets her into it.

So, about a week later, while she was lying on her stomach, I began to stimulate her vagina with my fingers. As I have in some nights past, I supplemented her natural lubrication with a little application of Astro Glide. However, this time, I happened to have 'accidentally' spilled some on her ass. Oops. I used my middle finger to rub the lubrication onto her anus. I began narrating a fantasy about me fucking her in the ass. While I narrated the fantasy into her ear, I gently pressed the tip of my middle finger into her anus. I told her that it makes her feel very naughty. Even though she was a little apprehensive, she did get into the story. I carefully pressed my finger in a little deeper and then let it slide back out a little. I continued narrating the fantasy to her while driving my finger deeper. She was very preoccupied by the story

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and she started becoming extremely excited. I talked to her more deterministically and drove my finger harder and faster. She was going crazy. I told her how naughty she was and how much of a bad girl she was and I told her to come like a good girl, firing off the auditory anchors I had set many times before. Her entire body arched and she had an orgasm! Another anchor set. A sliding anchor at that.

We talked about it later, and she said she found it very exciting. She said she loved the orgasm and said she didn't know where it came from, but it made her feel good all throughout. She did say "That is the kind of thing you could only do when I am VERY sexually aroused." I can see to that.

The following week, she had a minor operation on her cervix to remove a spot. Not an uncommon operation for women in their 20's and early 30's. When she arrived for our date, she said "The doctor said I can't have sex for 3 weeks, but, my clitoris still works!" This was my chance.

On our date I made it a point to make her feel very special and beautiful. I also fired off all the anchors that I knew would drive her crazy with desire. Later, when we were in bed, I gave her an amazing face fuck while I also had my finger in her anus. For this woman, one orgasm is not enough, it is only the beginning. I said "It is too bad we cannot make love, you know how exciting that is for me." She said "Oh yes." And she saw that I was. I said "We have such a wonderful relationship, we are so into pleasing each other." She said "Yes, it is wonderful." I said "You know how I love to do anything for you, that I derive my greatest pleasure from pleasing you." She said "Oh yes, I know that." I said "And I know that you derive great pleasure from pleasing me." She said "I do David" and she was probably thinking I was thinking about a blow job. She said "What would you like to do?" I said "Remember the last time we were together, and how exciting it was for you when I had my finger in your anus?" She had a somewhat embarrassed smile. I said "Since we cannot make love the usual way, I would like to make love to you that way." She got a very embarrassed look on her face, and then a big smile. I said "I know you derive great pleasure from pleasing me." She said "Yes, I do" and she gave me a very loving kiss. Then she reached for the Astro Glide, and lubed me up, and then she assumed the position, and handed the Astro Glide to me. I lubed her up and then I told her to be very gentle with me. hehe. Then I was very careful and went very slowly. Once buried, she found it to be VERY exciting, and she became relaxed and receptive. Then it was pretty much business as usual. I fired off the usual auditory anchors, and before long, she had a very powerful orgasm. The dirty deed was done.

"It's only taboo the first time. After that, it's just what we do." Mark Cunningham

Behold the Power

The following weekend I attended Mark's hypnosis seminar. You had read about that in chapter 1, and what is possible with hypnosis.

The day after giving my girlfriend a penis, I decided to try another experiment. I said to her, "I will show you how YOU can allow YOURSELF to have an orgasm without ANY stimulation whatsoever. I want you to go deeply into trance." And I hypnotized her.

Then I said to her "You can already feel how excited you are. You can already feel your clit become hard and sensitive. You can already feel your vagina begin to lubricate. Now, you can allow yourself to come. Allow your cervix to dilate. Allow the depth of your vagina to balloon. Allow the opening of your vagina to clamp down. Allow the pleasures of your vagina to consume you." I repeated the above sentences over and over. She was concentrating very well. Even though her hands were at her sides, things were progressing along nicely. It was amazing to watch. Her concentration intensified, and within a few moments, she had a raging, bed shaking orgasm.

We talked about it later and she said "It was like I BECAME my vagina. I gave my vagina a mind of its own. My mind provided the thrusting sensations. I was freaking out. It was incredible! I can't believe this!"

Now back to our back door story. A few days later, my girlfriend and I were talking on the phone planning our date for the following Saturday night. She mentioned that she wanted to be hypnotized again. Later in the conversation, she also mentioned that she wanted to do anal again some time.

When she arrived for our date, I had her take a seat on the couch and I hypnotized her. While she was deep in trance, I said to her, "Throughout this evening, you will become increasingly aware of how much you want me to fuck you in the ass. Throughout this evening, you will become increasingly aware of how much you want my cock in your ass. Your ass will be SO horny. And you won't know why, because you will keep it a secret from yourself that I told you this. Tonight, whenever I say your name to you, you will think of how much you want me to fuck you in the ass. Every time I say your name to you, your ass will become even hornier than before. And you won't know why, because you will keep it a secret from yourself that I told you this."

(Credit for the "you will keep it a secret from yourself" part goes to Ross. It has advantages over saying "you will forget.") Then I brought her completely out of hypnosis and back to complete consciousness. We left for dinner.

While at dinner, I mentioned her name a few times but there was no reaction. Then, while we were driving to the night club, she said to me "My damn cat has been such a pain, she is in heat and she has been walking around all week with her ASS in the air!" I knew that it was working. While at the night club, I mentioned her name a few more times. Then she placed her nose very close to mine and said "You've got

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something I want." I said "And what is that?" She said very slowly "Your cock." I said "And where do you want my cock?" She said slowly "My ass." It was only a matter of time now. I said her name a couple more times and then she said "Would you like to go home now?" Once at home, she lubed up me AND herself, and then she went at it like a cat in heat. She came very hard and very loud.

As we were falling asleep, I said to her "You have been keeping a secret from yourself this evening." She said "I have? What secret?" I said "When I snap my fingers, you will reveal your secret to yourself." I snapped my fingers and just watched her. A few seconds later she started laughing and then said "No WONDER you said my name so much!"

"Believe in hypnosis." Mark Cunningham

Fantasies into Realities

My girlfriend had mentioned that she had a dream of us being in the middle of a large room, with many people standing around, as if at a fetish party, watching us do it doggy on a bed, while I said to her: "It's just you and me baby."

So, one night I hypnotized her, and while she was deep in trance, I made it her reality that we were in that situation. I said: "Tonight, you and I are on a bed in the middle of a large room. Many people are standing around the room, watching us. They have gathered here tonight to watch us fuck. On the count of 3, you will keep your eyes closed. You will turn over, and you will get on your hands and knees, and everybody will be watching you. 1, 2, 3."

She slowly turned over and got on all fours. I played my part in the fantasy by saying things like "It's just you and me baby" and "Pay no attention to those people." She placed herself on me, and we went at it. She was fully participating, enthusiastically so. It should be noted that she, all on her own, brought herself up to the level of trance that was required to participate, while still remaining under hypnosis. For her, it was real, and incredibly exciting. The fantasy did ultimately and simultaneously come to a very satisfying conclusion. After we caught our breath, I told her to lay down and go deep in trance. Then I took her all the way out.

Later we talked about it. She said it was completely real for her, she truly believed she was there. She saw a dark room, with many mysterious people in dark clothes standing around watching us. She did also say that I did it wrong, that in her original fantasy, she was on top. Oh well, she said she didn't mind, and it made no difference in her fantasy at the time. What a gal.

Now you may ask, "What about the lack of physiological feedback that is required for the fantasy, or about physiological feedback that may be contrary to the fantasy?" Her mind will provide the physiological feedback that may not be there, but must be part of the fantasy, in order that the fantasy be her reality. Her mind will also filter out any minor 'reality' distractions, which are few in the privacy of one's bedroom.

"What about the hypnotist not being congruent with the fantasy?" Maintaining congruency with the fantasy is easy. The hypnotist told her what will happen, so the hypnotist knows his role.

"What about giving the instructions?" The instructions are given while she is deep in trance, before counting to three. After counting to three, there are no more instructions to give. The hypnotist merely plays his part.

"What about remaining in uptime to check on the subject's physiological feedback responses?" Actually, very few compute cycles are required for uptime while 'performing the relevant actions' during the enactment of a sexual fantasy, as the instructions were very clear.

"How about just putting her under, content free, and letting her just make something up while she is under?" No, the hypnotist needs to drive. Before the

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hypnosis, she tells the hypnotist her fantasy, and then the hypnotist writes the script for the instructions. Under hypnosis, he needs to tell her exactly what will happen, and what she will do. Otherwise, he has no idea what is going on in her mind, and cannot be congruent with the fantasy. When the instructions are very clear, minimal uptime is required, leaving resources for the enactment.

"What if I don't get the chance to take her out of trance?" If, let's say, you get called away to save the world, she will bubble up out of hypnosis and return to complete consciousness on her own. One time, after 'performing the relevant actions,' my girlfriend and I were talking, which then flowed into going about our day doing whatever, and I remembered that I had forgotten to return her to complete consciousness. I noticed that she was fully functional, so I asked her about it and she said "I figured you forgot, and I got tired of waiting, so I just came out myself."

"Do you think this bed, these sheets, and such a corset can deliver your soul from the seductive dreams which you fear?" Giacomo Casanova

The High Paid Hooker

What I found interesting about hypnosis was the following: Once I made something my girlfriend's reality under hypnosis, she could at any time in the future make it her reality again, even while fully conscious. For instance, my girlfriend could, at any time, make it her reality that she had a penis. Also, she could, at any time, simply relax and allow her mind to provide the thrusting that her vagina craves, and she could actually have an orgasm without any stimulation whatsoever. Therefore, you should carefully select what you 'instill.' Here is an example of her keeping a suggestion even after hypnosis...

I had made reservations at a hotel downtown for a Saturday night event that my girlfriend and I were going to attend. The event was cancelled, but I decided to keep my reservation at the hotel and have a little fun with it.

When my girlfriend arrived at my house for our Saturday night date, I informed her that the event was cancelled. I did not tell her that I had kept the hotel reservation. I suggested to her that I had a better idea for what we would do this evening, but that it would require that I hypnotize her. She was more than happy.

I hypnotized her and made it her reality that she was a high paid hooker. While she was deep in trance I said to her "Tonight, you have decided to become a high paid hooker. Tonight, I am your customer, and I am going to pay you to have sex with me. You like being a high paid hooker because you find it very exciting to be paid to have sex with a man. Tonight, you are going to escort me. We are going to go out to dinner and we are going to go out dancing. The entire time, you will be my high paid escort. And then, at the end of the evening, you will escort me to my hotel room where you will be paid to have sex with me. When you open your eyes, I will hand you 5 napkins, each of which is actually a one hundred dollar bill. When you open your eyes, you will demand your money."

Then I brought her completely out of hypnosis and returned her to complete consciousness. When she opened her eyes, she said "Where's my money?" I paid her and then we left to go to dinner and then dancing.

At the end of the evening, we drove to the hotel. I checked in, got my room key, and then parked where I could see the car from the room. I told her to come up to my room in 5 minutes. I went up to the room and kept an eye on the car. 5 minutes later she got out and came up to my room and then proceeded to fuck me like the whore that she was (in her reality.)

I asked her later about it, and she said this: "As I was walking down the hallway towards your door, I felt like a prostitute. Then it hit me, I WAS a prostitute. From that moment on, I honestly believed that I was being paid to have sex. And I LOVED being so naughty."

She also said "And by the way, if I were a hooker, I would charge at least two thousand dollars for an all night!"

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"Men fall in love with what they are attracted to. Women become attracted to what they fall in love with." Mark Cunningham

She's a Virgin Again

Due to extenuating circumstances, my girlfriend and I were apart from each other for two months. We were both excited about finally being together on a Saturday night. Since it had been some time since we had been together, I decided to make it VERY new for her. When she arrived, I hypnotized her, and I made it her reality that she was a virgin.

"You are a virgin. Everything is new. Everything is exciting. You have fooled around before, but you have never gone 'all the way.' You know very little about having sex. You want me to lead you and show you. You want to experience this. You want to know what it is like to make love. You want to know what it is like to feel me inside you. You feel deep rapport. You feel total trust. You feel intense curiosity. You feel comfortable about doing something new. You want to surrender. You feel overwhelming anticipation. You want to be very naughty. You want this to happen tonight. Tonight will be your first time, and you want this more than you've ever wanted anything. Every time I say your name, you will be reminded how much you want this."

Those are exactly the words I gave her, and only those words. It was enough for her to temporarily alter her reality.

Then I took her all the way out and we left to go to dinner and then the night club. I had to be careful where the conversation went, because of course, she had never 'done it' before. And then, when we arrived back home, I deflowered her.

We talked about it the next day and she said "Of all the fantasies that we've shared together, that was my favorite!"

"Women love to be seduced. They love the way that feels." Rick

What is reality?

I first learned about 'reality' at Mark Cunningham's Stage Hypnosis seminar. Mark instructed us to hypnotize our lab partner and what we were to do. My lab partner hypnotized me and said "You have forgotten the number 6. You have no idea of that number. That number does not exist for you. On the count of 3, you will open your eyes, and you will have no knowledge of that number. 1, 2, 3." Now mind you, I have a masters degree in electrical engineering. Forgetting a single digit number is something that an engineer does not take lightly to. At that moment Ross walked by and asked me "David, what's 3 plus 3?" I thought for a moment and then said "Oh SHIT! I've done this a million times!" My lab partner then told me to count his fingers. I said "One, two, three, four, five, ahhhhh, seven, eight, nine, ten, eleven. ELEVEN?!" I looked at Mark and said "That's impossible!" Mark said "It is your reality." That's when I realized what 'reality' meant. I said to Mark "It IS my reality!"

My lab partner had not only removed the number 6, he had instantly nullified 8 years of Calculus! Sure, I still knew how to manipulate a second order partial differential equation, but if the number 6 showed up anywhere, I'd have to stop.

Interesting thing is, there was nothing I could do about it. Well, there was, I could have fought it and popped out, but I decided to stay in, which means that I agreed to the 'reality.'

Now, in the case of making it a woman's reality that she is a virgin, she is going to happily go along with it, because it is fun for a woman to experience that. (Assuming that her first time was a good experience, or a boring experience. Don't do this if she lost her virginity in a rape.) If she doesn't pop out, it IS her reality. She has no choice. If she stays in, she agrees that it is her reality. Most women are going to enjoy this and make it a very exciting 'first experience.'

You will not be removing the reasons that a large part of her personality exists. Her personality existed long before she ever slept with a man, and her personality continues to live on.

I did not remove all of her sexual experiences. I did remove some of them, for a time. But her mind will figure out how to make it real for her, in a way that is most comfortable for her. Interestingly, when we were out at dinner, she talked about her son. She never gave any thought as to how it came about that she was a parent.

If you tell a woman what her reality is, and she does not pop out, she agrees to the reality. It IS her reality.

When a person goes under hypnosis, and is told what their reality is, something strange happens. Not only does the described reality become true for them, but the 'attributes' of who it is they become as they live the reality become true for them; things that they had never even dreamed possible for themselves.

For example, when a woman is given a penis, and told to fuck an imaginary woman, she not only feels her penis and the 'external' orgasm; she also experiences a feeling of being commanding, powerful, and even possessive. These are traits that

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come with having a penis, and traits that she had never even dreamed possible for herself. These are feelings that she had never felt before, feelings that were totally alien to her, but are now her reality. She becomes unique among all other women in that she has a true appreciation for the opposite sex; because, basically, she now truly 'knows' what it is like to be a man.

The other thing that is true for hypnosis is; once something is true for a person under hypnosis, it can be true for the person at any later time while fully conscious, because it has become 'familiar' and 'true' for the subconscious mind. And as we know, the subconscious mind does not know the difference between 'reality' and 'described reality.' But the subconscious mind is very good at making something 'real.' The subconscious mind will draw upon things that we did not know it had, in order that the 'reality' becomes 'true.' Additionally, in its devotion to make the reality real, the subconscious mind will ignore all those useless self-limiting beliefs you concocted over the years.

This phenomenon of 'experienced attributes' can be used to make things become true for you, such as confidence with women. Confidence is a very big chunk. It would be great if you could build that up in deliberate attainable steps, or attributes. But what are those steps?

When you use self hypnosis, first decide what reality you want to create for myself. You may decide that it will become your reality that you are confident with women. Then you go into self hypnosis and leave it up to your subconscious mind. You will find yourself in a situation. You will see the situation. You will feel all the attributes that 'become true' for you as you are confident with women. You may experience that you feel an easy sense of comfort. The visual becomes a very powerful anchor for the 'experienced attribute' of comfort. Then, at any later time, all you have to do is effortlessly recall the visual anchor, and in a very powerful way, you feel comfortable. Powerful because it was true for you under hypnosis, which means that it is true for you at your very core.

Then you go out in the field and use it. Then you go back into the lab and 'experience' the next 'attribute.'

The best way to build yourself is from the inside out, beginning at the very core, the subconscious mind. What reality do you want to design for Yourself? What becomes true for You?

Hypnocharged Tantra

I have always been fascinated by Tantra, but thought it achievable only by those who had memorized the names of a few hundred East Indian gods and goddesses, and the patience to practice a long series of complicated rituals. It was the end result that I sought, to give my woman a six hour orgasm.

Since learning hypnosis, I started to look at Tantra as a bunch of mumbo jumbo that basically serves to perform mutual self induction. Now, with the power of hypnosis, I could get straight to the core.

I was also perplexed by the idea that in Tantra someone can have an orgasm and not 'come.' I always thought that to have an orgasm was to come. In Tantra, the goal is to have an extended orgasm while there is no need to come. I wondered "Where's the fun in that?"

I talked about Tantra with my girlfriend, and she was eager to learn more and try it. After we returned to her home after dinner on a Saturday night, I took out a Tantra book that I had and began to read to her. We concluded that Tantra required three things:

1. Allow the sexual pleasure to travel from the genitals, up through the torso, and into the head.
2. Allow the sexual pleasure to fill the entire body while at the same time allowing the entire body to remain completely relaxed.
3. Maintain the ecstasy indefinitely.

Step 2 was the paradox, the hard part. I knew that with hypnosis I could make part 1 true for her. I was not sure that I could make part 2 true for her. I had no prediction for part 3. I would be happy to make parts 1 and 2 true for her in the first session. I had no idea if she would actually 'come.'

She was ready to try it, so we went upstairs. I had her lie on her back with her legs slightly separated. I hypnotized her and sent her deep into trance. I then gently massaged her deep spot as I told her: "Feel the pleasure travel up your chest and into your head. Let it completely fill your mind. Let the pleasure fill your entire body, and as it does, it completely relaxes your body. As your body is consumed by pleasure, it only serves to relax your entire body even more."

Almost immediately her vagina was contracting. She was in what they call an 'orgasmic' state. She started to very slightly moan, so I insisted that she relax. She became completely quiet and still.

I continued to talk to her while I continued to gently massage her deep spot. Her vagina continued to gently contract, but her vagina never did go into the powerful contractions synonymous with 'coming.' She remained absolutely motionless and quiet.

This went on for some time. I had certainly massaged her long enough to make her come a few times, but it had never happened.

Since her vagina was gently contracting, and there was no abreaction, I figured

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everything was OK. She was either enjoying herself immensely or she was bored as hell.

After about 15 minutes, I had to know. I said "On the count of 3, you will remain in a light trance and you will open your eyes and we will have conversation. 1 2 3." She looked at me. I said "Hi Baby, how are you feeling?" She said "Fucking incredible." I said "Oh really? How is that?" She said "I wish you could feel what I am feeling." I said "Is that so? What are you feeling? Can you describe it?" She said "No."

I needed her to be conscious so that she could talk. I had her close her eyes and then I took her all the way out. She opened her eyes and stared at me. I said "Hi Baby, what were you feeling?" She said "David, I was feeling total ecstasy. I was THIS close the entire time, but it was not a frustrated close. I felt no need to come, there was no goal, just pure ecstasy. You know how it is when you're like 2 seconds from coming? Well, it was like that continuously, but there was no need to come. I don't think I could have come anyway." Then she hugged me and said "David, I love the way you make me feel" and she began to cry with tears of overwhelming joy.

I just held her for a while and then she said "It was like the sexual pleasure traveled up my body and into my head. In regular sex, the pleasure goes as high as my belly button, but this time it totally consumed me and the pleasure swirled around in my head. In regular sex, it is like 'uh uh uh' and my pussy aches to come, but this time, it was total peace and continual ecstasy."

Then she jumped up and said "I need to go downstairs and have an 'after sex cigarette.'" I said "But you haven't come yet!" She said "I don't need to. You know how your body feels just after sex? When your entire body feels so good? Well, that's how I feel right now. I am totally satisfied." I said "But! But!" as I followed her down the stairs.

At the kitchen table I asked her "You were in for about 15 minutes, could you have continued? For like 6 hours?" She said "Oh yes!" I said "OK, next weekend let's do that." She said "Yes! You can just plug me in and leave me there!" ha ha ha

I think what I'll do is hypnotize her, and then use my 'thinkoff' technique on her so that her mind can provide the stimulation that she requires, and then tell her to relax, and just let her go. She will be able to control the level of stimulation that she needs and she can just bask in the ecstasy. I'll read the newspaper. hehe

Then I asked her "Which do you prefer more; the continuous ecstasy, or to come in regular intercourse?" She said "I like them both. They are totally different."

In just one hypnosis session, my girlfriend was able to experience continuous total ecstasy.

The Remote Control Egg

This is so hilarious. I was surfing the web, and being the twisted demented creative person that I am, always looking for new ways to let my girlfriend have fun, I came across a 'remote control egg.' This is a small plastic egg shaped vibrator that is turned on and off by radio commands from a small remote control. I thought "Remote control! I have an idea!" I immediately ordered one.

Do a search on the Web for remote control egg. The egg is somewhat loud, but it cannot be heard when it is 'in vivo' (in natural position.)

When it arrived, I called my girlfriend and told her what I had purchased. I told her "You are going to wear it and I am going to hold the remote control, and when we are out on our date, if you are a really good girl, maybe I'll turn it on for you." She said "Ooooooh, sounds like fun." I told her before hand because I didn't want to shock her with the idea when she arrived, but instead, I wanted her to fantasize about it for a few days first.

When she arrived Saturday night for our date, I showed it to her. She laughed, but she said she'd play along. I told her to go into the bedroom and place it 'in vivo.' I heard her exclaim "What's with this black string?" I said "That's the antenna/pull cord. Just hide it in your panties." hehe

Then she came out and sat next to me with a smile on her face. I held up the remote and said "Are you ready?" She said "Yes." So I turned it on. She laughed and then started loving it. I turned it off and put the remote back in my pocket and said "OK, let's go to dinner."

On the way there, I turned it on and let her enjoy it while I told her how I was going to turn it on when we are at dinner and everybody will be looking at her, but she cannot let anyone know what she is feeling because she is a very proper woman. She cannot let anyone know just how much of a naughty little girl she really is. She was ready just by hearing the fantasy. I turned it off and we parked.

When we were standing in the lobby placing our name on the list, while everybody was watching her, I turned it on. I spoke softly into her ear how she cannot let anyone know just how naughty she really is.

We took a seat at the bar to wait for our table. I brought her up a few more times with the remote while speaking softly into her ear. Eventually we were called and brought to our table.

We were seated at a table with many other people sitting at tables around us. Each time the waitress came to us, I turned it on. hehe.

My girlfriend did a lot of smiling while ordering. While we were waiting for our food, I turned it on while I again narrated from across the table. She got really close so I turned it off.

Our food arrived so I left the remote alone for the entire time that we had food at the table. Later, after the plates had been cleared, and we had new drinks brought to us, we resumed our little game.

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I turned it back on and left it on. I said "You cannot let anyone know what you are feeling because you are a very proper woman. You cannot let anyone know just how much of a naughty little girl you really are." She said softly "David, I'm going to come." I said "Not yet, you must ask permission." She said "Please David." I said "You want to hear those famous words." She said "Yes." I waited a moment and then I said the famous words "Come like a good girl" which is her command to come, and she closed her eyes and she did, right there, at the table, in front of everybody.

As far as I could tell, nobody knew. But there was one young lady at the table next to us who seemed to be concerned that maybe my girlfriend wasn't feeling so well. hehe

A few weeks later, I had my girlfriend wear it again while we went out dancing. I teased her with it all evening. But then when we were out on the dance floor, I left it on. Next to us was a stunningly beautiful tall classy redhead in a formal evening gown who was dancing by herself. I had seen her earlier sitting at a table on a double date. I waited until my girlfriend was really 'close' and then I turned off the remote and I tapped the redhead on the shoulder and held out the remote and said to her "Do you know what this is?" She stopped dancing and just looked at it. I said "Hold it" and I handed it to her. My girlfriend became very embarrassed, but she does love beautiful women. Then I said "Turn it on." She turned it on. Then I said "Now look at my girlfriend's face." The redhead's eyes got really big and she said to my girlfriend "Is he bullshitting?" and my girlfriend smiled and replied "No." Then the redhead started waving the remote in front of my girlfriend's skirt. Then I said to the redhead "Tell her to come like a good girl." The redhead said into my girlfriend's ear "Come like a good girl and let the juices flow down your leg!" hehe Then my girlfriend held on to me tight and she had an orgasm right there on the dance floor. Then the redhead smiled and handed the remote back to me and she walked off.

Later my girlfriend said to me "You are so BOLD! But you are so EXCITING!"

"No woman has ever left my arms unsatisfied" Don Juan DeMarco

DAVID SHADE'S MANUAL

A Complete Script

Here's a complete script, everything you need. The inductions I have used here are inductions I learned from Mark Cunningham.

Before you begin, you must understand one very important thing. This was the first thing I learned in Mark Cunningham's Stage Hypnosis seminar. You must BE the hypnotist. You never TRY to hypnotize, you just DO IT. If she does not go under, it is because she is not following your commands. She MUST follow your every command. If she says she cannot be hypnotized, you say that everyone can be hypnotized and that you have never met anyone you could not hypnotize. Use pre-suppositions, like "When you go into trance." This is the ONLY way it will work guys. There is no MAYBE. There is only ONE WAY. This is a one way ticket guys. You're goin' in and you're goin' ALL the way in. There's no turning back.

Here's how the scenario goes. You will hypnotize her TWO times (well, maybe three.) The first time you hypnotize her, you will ONLY bring her deep in trance and then bring her back out. She MUST understand that the first time there will be nothing done, no commands. IF she is a good subject, then maybe you will hypnotize her again, and only then might there be some fun stuff.

Use a hypnotic voice, not a monotonic voice.

Lower your voice (frequency, not volume.) Speak deeply. Use a COMMANDING voice.

Use tonality congruent with where you want her to go.

BE the hypnotist. The rest will follow.

For all of these, she will remain fully clothed.

Now begin. Have her sit on the sofa, or a soft (SOFT!) chair. Sit in a chair directly facing her. Look her straight in the eyes and say:

"Sit comfortably, hands on your thighs. Close your eyes. Take in a deeeeeeeep breath, and let it out.

Again, breeeeeeathe in relaxation, and breathe out tension. Again, breeeeeeathe in relaxation, and breathe out tension. Feel your body become COMPLETELY relaxed.

DEEEEPLY relaxing. Feel your body COMPLEEEEEETELY relaxed.

Imagine the number 3, VIVIDLY, brightly, clearly.

And then LET IT disappear, compleeeeeetely.

Again, Imagine the number 3,,, and let it disappear.

Again, imagine the number 3,,, and let it disappear, compleeeeeeeetely."

(Repeat for 2, and then 1.)

"In a moment, I am going to instruct you to open your eyes and close your eyes.

When you do, you will feel TWICE as relaxed.

Open your eyes, close your eyes. FEEL that relaxation even more. In a moment, I am going to instruct you to open your eyes and close your eyes.

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When you do, you will feel TEN times more relaxed.

Open your eyes, close your eyes. FEEL that relaxation even more. In a moment, I am going to instruct you to count out loud, backwards, starting from 100.

You will visualize each number, and then watch it disappear. Each number will become dimmer and farther away.

By the time you get to about 97, or 96, you will barely see the numbers any more.

Eventually they will disappear completely.

When they disappear completely, stop counting.

Begin now.

(100) (99) Watch it fade. (98) A little smaller, watch it fade. (97) Dimmer, smaller.

(96) The numbers are getting dimmer and smaller and fade away. Disappearing completely.

All the numbers fade away completely, leaving you feeling VERY relaxed.

Feel your body soooooo relaxed. Deeeeeeely relaxing. RELAXING your body completely. COMPLETELY relaxing your body. Deeeeeeely relaxing.

Feel the relaxation in your feet. COMPLETELY relaxing your feet. Feel the relaxation move UP your ankles and INTO your calves, Relaxing EVERY muscle in your calves. RELAXING your calves compleeeeeetely.

ComPLETELY relaxing your calves. Relaxing your calves compleeeeeetely.

FEEL the relaxation move UP your knees, and INTO your thighs, Relaxing EVERY muscle in your thighs. RELAXING your thighs compleeeeeetely.

(Hips, stomach, back, chest, shoulders, upper arms, forearms, hands, neck, face.)

Relaxing EVERY muscle in your face. RELAXING your face compleeeeeetely.

As your body is COMPLETELY relaxed, it relaxes your mind, compleeeeeetely.

RELAXING your mind completely. COMPLETELY relaxing your mind.

DEEPLY relaxing your mind. Deeply reLAXING your mind. Leaving your mind feel SO relaxed, so peaceful, so quiet, so serene. Relaxing your mind COMPLEEEEEETELY. DEEPLY relaxing your mind.

Deeeeeeep relaxing sleep. DEEEEEEEP relaxing trance.

Going DEEPER and DEEPEER and deeeeeeeper into trance. Deep relaxing sleep. DEEP relaxing trance. Deeeeeeep relaxing sleep.

THE SOUND OF MY VOICE sends you DEEEEEEEPER, and deeper, and deeeper into trance.

DEEP relaxing sleep. DEEEEEEEP relaxing trance. Deeeeeeep relaxing sleep.

SO restful, s0000 peaceful. Deeeeeeep relaxing sleep. DEEEEEEEP relaxing trance.

Deeeeeeep relaxing sleep. DEEEEEEEP relaxing trance. Deep reLAXING

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trance. Deeeeeeeep relaxing sleep."

Repeat. Cycle it. Vary it a little. Make it up as you go. Be congruent with her reality. As she exhales, say "Going ALL the way down." Such that her lungs empty at the end of "down." If she hears some background noise, say "every SOUND that you hear sends you DEEPER into trance." Repeat for 5 or 10 minutes. If it's the first time you've hypnotized her, it may take a while. That's ok.

Watch her carefully. If she is sitting, her neck will become so relaxed that only as many muscle fibers will be contracted in order to keep her head upright. Her neck will be so relaxed that you will see her head bobbing fore and aft as her heart beats. To her, it will feel as if she is bobbing up and down on the sea. Watch her face. Her face will become very relaxed. She will look very different. Her lips may be slightly opened, but she will remain breathing through her nose. She most likely will not swallow.

Now the true test. Say to her:

"On the count of 3, you will OPEN your eyes, and you will REMAIN in trance, and we will have conversation. 1. 2. 3. (Snap) OPEN your eyes. Hi baby! How are you feeling?"

She will be looking at you with a defocused glossy gaze. She will answer you slowly. She will otherwise be completely motionless. If so, she is definitely on the inside. If not, tell her to "stop trying and just let it happen" and send her back in.

Do not ask her questions which require a lot of thought, or big words. She's just not in the mood for it. She is just very relaxed. Now you verify to her that she is in. Say to her:

"Notice how relaxed your arm is. It is VERY relaxed. In fact, it is s00000 relaxed, it doesn't EVEN want to move. It doesn't want to move AT ALL. In fact, you couldn't even move it if you tried. NO MATTER HOW HARD YOU TRY, YOU CANT EVEN move your arm. YOU CANT MOVE YOUR ARM at all. It likes it right where it's at. It is s00000 relaxed. Isn't it?"

She will slowly say "Yes." She now knows she is in trance, no doubt about it. In fact, she now realizes that she is completely and totally under your absolute control. You damn well better have your shit together at this point, because YOU ARE NOW DRIVING! Also, be EXTREMELY careful about what you say to her at this point. Whatever you say to her IS HER REALITY. It is TOTALLY and COMPLETELY real for her. Certainly for this moment, and probably forever!

Then demonstrate your control over her by saying:

"But when I snap my fingers, your arm is FREE! (Snap) YOUR ARM IS FREE! MOVE your arm!"

She will lift her arm. Tell her to relax her arm again and let it settle down. It has now been verified for her that you are in complete control.

If you are very close to this woman, and you have already had a great deal of 'fun' on previous occasions, you might have a little fun with her now by saying:

"In fact, notice how you are totally helpless. In fact, I do believe, that you are

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totally and completely under my control! You are **TOTALLY** and **COMPLETELY** under my control! You are **TOTALLY** helpless to me. Isn't that right, Baby?"

This will make her **VERY** excited. There is nothing more exciting for a woman to be completely under the control of the man she loves, to have completely surrendered to him. **ONLY** do this if you are the man she loves. (Likewise, at a later date, it will be extremely exciting to for her to be completely in control of you. Give her that chance at that later date.)

Now that she has verified that she is under, pound her back down hard and fast by telling her:

"On the count of 3, you will close your eyes, and you will **PLUMMET DEEPLY** into **PROFOUNDLY** deep trance. **ONE!** (pause) **TWO!** (pause) **THREE!** (Snap) **CLOSE** your eyes. **DEEP SLEEP. DEEP TRANCE. DEEP** relaxing sleep. **DEEP** relaxing trance. Going **DEEPER** and **DEEPEER** and **DEEEPER** into trance. **PROFOUNDLY** deep trance. Profoundly **DEEEEP** trance. **Deeeep** relaxing sleep. **Deep** relaxing trance."

Slowly soften it up. Do this for one minute. Let her enjoy the relaxation. Right now she truly is profoundly deep in trance. She is feeling wonderfully.

Then take her out completely by saying:

"On the count of 5, you will come **COMPLETELY** out of hypnosis, and return to **COMPLETE** consciousness. **ONE.** You will come **COMPLETELY** out of hypnosis. **TWO.** You will return to **COMPLETE** consciousness. **THREE.** Take a deep breath. (Pause) **FOUR.** You will feel alert and aware. **AND FIVE!** (Snap) **OPEN** your eyes! Hi baby! How are you feeling?"

She will smile. She is still suggestible for a few seconds. Let her compose herself.

After she has readjusted herself, let her talk about her experience. Listen carefully for her words. Get a complete understanding for what trance is for her. Certainly, make it sound as if you expected it. You will use everything you learn from her later.

By putting her under and taking her right back out, just as you have promised you would do, builds trust. She now trusts you more and will allow you to do more. She also now knows how good it feels to be under, and she will want to go under again. She also knows that anything can be possible under hypnosis, and that things can be experienced vividly, and she will want to experience amazing things. She is now ready for the really fun stuff.

Say to her:

"Baby, I am going to give you a very special gift. I am going to teach you a new way for you to give yourself a total mind and body orgasm. And I won't touch you, and **YOU** won't even touch **YOURSELF!**"

She'll be delighted. This is where you do 'thinkoff'. Because you have already hypnotized her, this time she will quickly go deeply into trance. When she has agreed, and she is biting at the bit to go back in, say to her:

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"On the count of 3, you will close your eyes, and you will PLUMMET DEEPLY into PROFOUNDLY deep trance. ONE! (pause) TWO! (pause) THREE! (Snap) CLOSE your eyes. DEEP SLEEP. DEEP TRANCE. DEEP relaxing sleep. DEEP relaxing trance. Going DEEPER and DEEPEER and DEEEPER into trance. PROFOUNDLY deep trance. Profoundly DEEEEP trance. Deeeep relaxing sleep. Deep relaxing trance."

Do this for about a minute. Use her 'trance' words, and I DO mean 'trance' words. She will be in. Slowly change your tonality from commanding, to sensual. In the next paragraph, start sensual and work up to VERY commanding:

"Your senses are heightened. Your senses are very acute. You are TOTALLY in touch with your body. You are COMPLETELY in touch with your ENTIRE body. Notice how you can FEEEL your vagina. Notice how you can FEEL EVERY NERVE in your vagina. FEEL EVERY NERVE IN YOUR VAGINA with EVERY NEURON IN YOUR BRAIN. FEEL your vagina. FEEL your vagina begin to GET EXCITED. FEEL your vagina BEGIN TO LUBRICATE, as it does when your vagina BECOMES VERY EXCITED. FEEL your vagina BECOME VERY EXCITED. Feel EVERY NERVE in your vagina with EVERY NEURON IN YOUR BRAIN. And FEEL your vagina. BECOME your vagina. BECOME YOUR VAGINA! And GIVE your vagina A MIND OF ITS OWN. And MAKE your vagina CONTRACT. MAKE your vagina CONTRACT NOW. CONTRACTING NOW! HARD! Sending PLEASURE ALL THROUGHOUT your body. CONTRACTING NOW! HARD! Pumping pleasure ALL throughout your body. FEEL the powerful orgasmic contractions making PASSIONATE LOVE to you. FEEL your vagina with EVERY NEURON in your brain. BECOME your vagina. GIVE your vagina a MIND OF ITS OWN."

Feel. Give. Feel. Give. Strengthening the loop. Her vagina WILL be contracting. This is EXTREEMELY pleasurable for a woman. She will be groaning and moaning, even though you told her to go deep into trance, were it is usually assumed that she is supposed to be quiet and motionless. That's ok, she believes that you expect her to be moaning now. It is her way of letting you know that she is routing for you, that it is working, and it lets her participate while still staying focused and still deep in trance where all of this can be true. Continue cycling through this, and then move into:

"Feel your clitoris. FEEL your clitoris with EVERY NEURON IN YOUR BRAIN. FEEL your clitoris BECOME EXCITED. FEEL your clitoris BECOME EXTREMELY excited. FEEL your clitoris ENGORGE and HARDEN. FEEL HOW EXCITED your clitoris is. FEEL your clitoris with EVERY NEURON IN YOUR BRAIN. FEEL HOW EXCITED your clitoris is. BECOME your clitoris. GIVE your clitoris A MIND OF ITS OWN and MAKE IT FEEL THE LICKING that it so loves. FEEL your clitoris BEING LICKED. FEEL the licking WITH EVERY NEURON IN YOUR BRAIN. FEEL your clitoris. BECOME YOUR CLITORIS. GIVE your clitoris A MIND OF ITS OWN, and MAKE your clitoris FEEL THE SUCKING that

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it OH SO LOVES. MAKE your clitoris FEEL THE SUCKING. FEEL the sucking. FEEL THE SUCKING with EVERY NEURON IN YOUR BRAIN."

Feel. Give. Feel. Give. Strengthening the loop. She WILL feel the sucking. I assure you. Women are SO lucky. They have such a capacity for pleasure.

At this point she will be just about ready to 'bring it on home.' Keep commanding it out. Commanding the vagina. Commanding clitoris. Keep commanding. Louder. Harder. BAM! She comes.

Talk to her very softly and lovingly. Tell her how good her entire body feels. Let her relax. Let her completely catch her breath and for her heart rate to return to completely normal.

Then gently talk her down into deep trance. Let her enjoy it for a minute. Then bring her all the way out with the 1 to 5 count.

When she opens her eyes, she will be TOTALLY amazed. Let her talk about her experience. You are very happy for her, but of course, as always, you fully expected it.

Now for the really fun one. If she hasn't already mounted you and started riding you like a cowboy out of Dodge, you can give her a VERY special gift. Say to her:

"Baby, I am now going to give you a gift that will truly amaze you. As always, you will remain fully clothed." And then put her back in. She will go in EVEN deeper. She will totally give herself over to you. Then say to her:

"You have a VERY special talent. You can grow a penis. In fact, you have just NOW grown a penis. That's RIGHT! YOU HAVE A PENIS! You like having a penis. It makes you feel POWERFUL. It makes you feel COMMANDING. It makes you FEEL VERY NAUGHTY. You love your penis. It is the gift that just keeps on giving! On the count of 3, you will keep your eyes CLOSED, and you will remain deep in trance, and you will realize that you have a penis. One. Two. Three. (Snap) You have a penis! (Pause.) You like your penis. (Pause.) Move your hand and touch your penis. (Let her do it, she might be somewhat reluctant, assure her that it is ok.) Touching your penis makes your penis feel good. (It will!) In fact, it makes your penis hard. (Let her feel it.) Hold your penis. (You guys know where to take this. Ah hmmmm.)"

Increase your tonality to VERY commanding. Before long, she will be cranking away like a pro. Eventually, she will 'cum all over her stomach.' Interestingly, she will feel her orgasm 'from the outside.' Very interestingly, she will feel it 'pump pump,' totally unlike any orgasm she has every felt. Let her catch her breath. Then tell her to rub her stomach and then make her lick her finger. She will actually taste it! Really!

Then take her all the way out. She will just stare at you. At that point you say:

"Now baby, you know how wonderful you make me feel when you make love to me."

She will melt. It is at this point that you will need stirrups, because she's going for a ride.

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Once you have hypnotized her, there are two things that become true for her from then on: 1) you will be able to put her deep in trance very quickly. My girlfriend can be sitting next to me with her head on my shoulder and I can simply say "OK baby, I want you to go deep in trance. Deeply relaxed. Deep relaxing sleep." I repeat this for about 20 seconds and she is completely under. And 2) Anything that is real for her under hypnosis can be her reality at any later time, even when fully conscious. At any time I can say to my girlfriend "FEEL your vagina contract. CONTRACTING NOW. HARD!" And it will! Hard! If I do it long enough, she will come! (Much of this training comes from our Tantra sessions.) I can also at any time say to her "As you continue to stare at that woman, you can feel your penis start to get hard." She laughs and gets kind of embarrassed, because it does!

Ok guys, there you have it, a complete script. All of this is much easier than it looks. BE the hypnotist.

"Have you ever loved a woman until milk leaped from her as though she had just given birth to love itself and now must feed it or burst? Have you ever tasted a woman until she could believe that she could be satisfied only by consuming the tongue that had devoured her. Have you ever loved a woman so completely that the sound of your voice in her ears would cause her body to shudder and explode in such intense pleasure that only weeping could bring her full release?" Don Juan DeMarco

Her First Vaginal Orgasm Using Hypnosis

I exchanged emails with a woman (we'll call her Debbie) who wanted to ask me about hypnosis, including its use in enhancing sexual pleasure. She said that she had clitoral orgasms, but she did not believe that she had ever had a vaginal orgasm. I asked her what she thought a vaginal orgasm would be like. She didn't know.

We spoke on the phone, and I answered her questions about hypnosis, and what I have done with hypnosis. I asked her if she had been hypnotized before. She said that a guy friend of hers who knew hypnosis had tried to hypnotize her, but she did not believe that she really went in. I asked her what she thought trance would be like. She didn't know.

I decided that I was going to give her her first vaginal orgasm... using hypnosis over the phone.

She asked me if I would hypnotize her. I told her that under the condition that she is compliant to my commands, I would see if she were capable of being hypnotized. If she could do that, then we could discuss a deep hypnosis. (Qualifying.) We agreed on a time for her to call me again. I gave her instructions for how to prepare for the session. (Presuppositioning and investing for sexual responsiveness.)

When she called, she was a little nervous, but she was looking forward to going into trance. She had been compliant with the preparations.

I said, "Tonight, you are going to go into trance. Do you want to go into trance Debbie?" She said "Yes." I said "Are you ready to go into trance now?" She said "Yes."

I used the induction that I learned from Mark, which you read about in "A complete script." I then used more deepening language to make sure she went in very deep. The induction took about 10 or 15 minutes.

Then I said "On the count of three, you will keep your eyes closed, and you will remain in trance, and we will have conversation. 1... 2... 3... (snap) Hi Debbie." She said "Hi." I said "How do you feeeel?" She slowly said "Really relaxed." I said "Is your body very relaxed?" She said "My body feels like it's tingling." I said "Is your mind very relaxed Debbie?" She whispered "Yes." I said "Do you enjoy the feeling of deep trance Debbie?" She whispered "Yes."

She was not as somnambulistic as I would have liked. I said "Do you want to go back down into deep trance Debbie?" She whispered "Yes." So I sent her back in. I spent more time deepening, and I gave her instructions for an instant re-induction trigger on the words "Deep sleep." I let her tingling consume her entire body, relaxing her body even more. Then I brought her back up to light trance with the 3 count.

I said "Hi Debbie." She whispered "Hi." I said "How do you feeeeeel?" She slowly whispered "Very relaxed." I said "Your body is very relaxed right now. Your body is so relaxed that it doesn't even want to move." I demonstrated how her left hand was stuck to the phone, and the phone was stuck to her left ear, and that her right hand could not move, and that no matter how hard she tried, she could not move her right

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hand. She affirmed. Then I instructed her that her right hand was free and I instructed her to move her right hand. She complied, and she began to breathe quickly. She was convinced. I said "You do understand Debbie that I am now in complete control of your body, isn't that right Debbie?" She whispered "Yes." I said "Right now your entire body is tingling with delight and anticipation. Isn't that right?" "Yes." "I can make you feel anything, isn't that true Debbie?" "Yes." "Do you want to go back deep into trance Debbie?" She whispered "Yes."

I used her re-induction trigger "Deep sleep" and sent her back in deep. I heightened her senses and built up the tingling. I told her that the fact that I am in complete control of her body makes her very excited. I wanted to talk to her while she was fully conscious before I did anything sexual, so I took her all the way out of hypnosis.

Then I said "Hi Debbie! How do you feel?" She said "I feel really good!" and she giggled. I said "Did you enjoy trance Debbie?" She said "Yeah! I felt tingly, and then I felt more tingly, and then I felt like waves of tingles. I felt them everywhere. I can still feel my hands and my feet the most." I said "You were very responsive to my commands Debbie. How did it feel that I was in complete control of you?" She said "I liked it." I said "Did you find that exciting?" She whispered "Yes." I said "Did you find it exciting knowing that I could make you feel incredible pleasure in trance?" "Yes." "Does that already make you feel the waves of tingle flow through you?" "Yes." "Even in anticipation of feeling incredible pleasure?" "Yes." "And that makes you feel those waves of pleasure, of tingle, all throughout your body, churning up even more powerfully. Feel those waves of pleasure, those waves of tingle, welling up even more, and stronger, and stronger, all throughout your body. Feel the tingle in your hands and in your feet extending into your body. Feel the wave after wave of pleasure flowing over and through your body. And that feels wonderful, doesn't it Debbie?" She breathlessly said "Yes."

I said "That makes you so happy that you are a woman. Isn't that true?" She breathlessly said "Yes." "You love being a woman, don't you?" "Yes." "And you love feeling very sexual, don't you?" "Yes." "And feeling sexual makes you feel even more like a woman, isn't that true, Debbie?" "Yes." "And making you feel like a woman makes you very excited, doesn't it?" "Yes." "And when you feel excited, it makes you want to feel incredible pleasure, doesn't it?" "Yes." "You can already feel those waves of pleasure flowing through your body making you even more excited, isn't that true?" "Yes." "And that makes every nerve in your body sing with delight, isn't that true?" "Yes." "And that makes every nerve in your body absolutely on the edge of desire, isn't that true?" "Yes." "And every nerve in your body is feeling such incredible anticipation, isn't that true?" "Yes." At this point she was breathless.

I said "Are you excited right now Debbie?" "Yes." "Do you feel sexual right now Debbie?" "Yes." "Do you want to go into trance now and feel incredible indescribable pleasure now Debbie?" "Yes." "Are you ready to go into trance now Debbie?" "Yes." "Deep sleep!"

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I sent her back down deep. I could hear her lungs emptying. I used deepening language and mixed in exciting language as described above for about two minutes.

Then I said "You can even feel the excitement in your vagina. You can feel every nerve in your vagina simultaneously singing in delight. Feel every nerve in your vagina on the edge of anticipation. Feel every nerve in your vagina simultaneously stimulated now. Feel every nerve in your vagina sending incredible pleasure into your body. And feel your vagina sending pleasure all throughout your body. As you feel every wave of pleasure spreading all throughout your body. Getting stronger and stronger and stronger. Wave after wave getting stronger and stronger. Feel it building up making you even more excited, even more excited, because you want to feel indescribable pleasure."

At this point she was really close, so with a very commanding voice I said "Begin to feel that pleasure concentrate in your vagina. Feel the tingle in your body moving towards your vagina. Deep inside your vagina. Feel the tingle building in your vagina. Growing even stronger. Wave after wave. Even stronger. Even stronger. Concentrate on it. And it builds on itself. And it's getting even stronger. It feels even stronger. Surrender yourself completely to it. Give yourself over completely to it. Even stronger now. Feel it tingling deep inside of you. Stronger and stronger. Now make it even stronger. Even stronger." And then she had a very powerful and vocal orgasm.

After she caught her breath I sent her back down deep and I told her that she could enjoy that at any time in the future by simply concentrating on it. Then I took her all the way out of trance.

I said "Hi Debbie!" She enthusiastically said "Hi!" I said "How do you feel?" She said "Oh my God, wonderful. I still feel good. That was just awesome." I said "It feels wonderful when your vagina gives you an orgasm. Was it a different orgasm?" She said "Yes. It was deep. It was totally unlike what I have ever felt before. Usually it is on the surface, but this was very deep. It went from tingles to waves and then I felt warm. I still feel warm." I said "Was it powerful?" She said "Oh my God YES! It felt so GOOD. I still feel good."

"Women react to me the way that they do, Don Ottavio, because they sense that I search out the beauty that wells within them until it overwhelms everything, and then they cannot avoid their desires to release that beauty and envelope me in it." Don Juan DeMarco

The Welcomed Method

Most women believe that direct stimulation of the naked tip of the clit is too sensitive. My girlfriend said the same thing. When she masturbates, she goes in a circular motion. She also prefers that I touch her clit in the same manner. She does not like the naked tip of the clit to be touched, as it is "too much." She prefers the hood to be rubbed over the clit, providing a "pushing" pressure onto the clit.

My friend Brent lent me a video he ordered from the web site: welcomed.com. The guy in the video certainly seems to know what he is doing. He showed how you must directly touch the naked tip of the clit at its one o'clock position (as looking AT the clit) with the tip of the index finger. In the video he demonstrated on a woman. He rubbed her for about 10 minutes. All the time she was orgasmic, but she never 'came.' I returned the video and thought nothing of it.

One night I told my girlfriend about what I learned in the video and I showed her the web site. I told her that the guy said that "Any clitoris can be touched, when touched right." I said to her "I want to try an experiment." She said "OK! But I'm a little skeptical as in the past direct stimulation has been too powerful."

Just as in the video, I had her lie on her back. I sat to her left side and placed my left arm under her left leg with my hand under her ass with my thumb pressing on her perineum (between her vagina and her anus.) The video said this makes her feel secure and anchors the clitoris. My girlfriend agreed with that. The video said to use a lot of lubrication because you must avoid micro scratches. I used Astro Glide, nothing else works nearly as well. Just as in the video, I slid the tip of my right index finger up onto her clitoris. I smeared the lubrication onto her clit and then began to rub the one o'clock position of the naked bulb of the clit. The rubbing is to be done with the tip of the index finger pointing straight at the clit. The strokes are about one half inch and at a frequency of about 1 or 2 strokes a second. The strokes are to be radial, as if along the minute hand at five minutes past the hour. She immediately responded favorably. She said "I LIKE THIS experiment." I tried the 11 o'clock position and asked her if that was any different. She said that the one o'clock position was better. I then tried the six o'clock position, and again she said that the one o'clock position was better. So I went back to that. I don't know why the one o'clock position is better, and the guy in the video didn't explain it. I continued. Before long, she said "This feels SO good that I don't WANT to come!" I instructed her to continue to relax totally. She said she was right on the edge. She was in continuous total ecstasy. This continued for about 30 minutes. Then she said that the pleasure was so intense that she couldn't take it anymore and she wanted to come. I told her the magic words, and she did.

We talked about it and she said "The orgasm was different than any before. The sensation was different. It was like my clitoris was being pulled! It was like I had a penis and it was getting pulled. It is totally unlike the usual rubbing where there is pressure ONTO the clitoris. This was different."

The next day she said "Every time I think about it, I get really horny. It's like

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when you first learn how to masturbate, you want to keep doing it. I've been craving it all day, I'm walking around with a clitoris hard on!"

"One night, I watched her at the window in her sleep. I noticed for the first time, how a woman's underclothes barely touches her skin. How it rides on a cushion of air as she moves. How the silk floats about her body, brushing her flesh like an angel's wings, and I understood how a woman must be touched. " Don Juan DeMarco

"She Won't Let Me Hypnotize Her"

A few of you have told me: "I want to hypnotize my girlfriend, but she won't let me." I have responded with: "What's with that? She'll let you stick your cock in her but she won't let you hypnotize her? Get a new girlfriend!" But in actuality, it is true, that many women would more easily fuck than go under hypnosis.

There are many reasons for this. The most often being that she fears that she will divulge her deepest darkest secrets while under hypnosis, or she fears that you will instruct her to do something 'unnatural' while under hypnosis.

There are those people who will never have anything to do with hypnosis, and there are those people who are 'trance junkies' as Mark calls them. But for those people who just want a little more information first, I tell them the following:

"I am a hypnotist. But it's not for everybody. It requires a person who is very intelligent, has a sense of adventure, is open to new learning, and a person who knows that the ultimate control is the confidence and courage to totally loose control. As for hypnosis, I had heard all the stories, like it could make me tell all my secrets, or it could make me do something that I didn't want to do. But I had also heard that it is used to help people. So instead of debating something that I didn't understand, I decided I would learn it myself and then make my decision. I was a bit skeptical, and a bit scared, but it was nothing like I expected. In fact, it was lots of fun, and a very powerful tool to help people, and help oneself. But the most interesting thing I learned, was... the more intelligent a person is, the better they respond to hypnosis."

In order to hypnotize your girlfriend, it is important to tell her the following:

You cannot be hypnotized unless you want to be hypnotized. You will remember absolutely everything.

Your subconscious is always working and always protecting you, even under hypnosis.

All of your senses are still working. In fact, they are heightened. Under hypnosis, you would not do anything that is contrary to any of your core beliefs.

I have no interest in any of your secrets, and you would not tell them anyway.

I have no interest in making you cluck like a chicken.

The only thing that will happen is that your busy chattering conscious mind will melt away and you will feel totally relaxed.

I will only put you under long enough for you to enjoy deep relaxation, and then I will take you right back out. No commands. No stage acts.

(In actuality, the above is not exactly completely accurate. It is possible to hypnotize somebody even though they do not know it, if there is rapport and she does not suspect. I have done it, using 'conversational hypnosis,' with women I have met in the coffee shops, and over the phone with women I have met on the net. Once you have her under hypnosis, you can bend many of the other rules, because you are in absolute control of her reality.) But we'll stick to consensual hypnosis...

Here is how a typical conversation could go between you and

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your girlfriend prior to consensual hypnosis. The example I use here is a conversation I had over the phone with a woman I met on the net. Her "I've never been able to be hypnotized before, I don't know if I can."

Me "What do you think it would be like to be hypnotized?" (Mark Cunningham tells us to ask that question.)

Her "Kinda scary. Maybe scary's not the right word for it. I think it would be kind of exciting too. Maybe because you would do things you wouldn't normally do, or you feel more at ease. But then on the other hand, you don't know what that other person would make you do."

Me "It is something that you do have to feel very comfortable doing. And you would have to be with somebody that you feel trust for. And certainly, in a hypnosis session, both people would agree before hand exactly what would occur and only what would occur."

Her "Exactly, cause then you would lose trust. Because you come out of hypnosis knowing!"

Me "Oh absolutely, you remember everything. And, while under hypnosis, your senses are heightened, much heightened." Her "Ooooooh, Ooooooh, oh my goodness!"

Me "Oh yes, much heightened. That's one thing that makes it particularly exciting, all of your senses become much heightened. And you remember absolutely everything."

Her "Ooooooh."

Me "I only hypnotize somebody who can 'feel comfortable about being hypnotized.' And the first time I only bring them into trance and then I bring them right back out. That's all I will do. Then it's up to them to decide what they want to do. Because, when a person is under hypnosis, it is true that they will follow commands. They will do that. But it is possible that they will come out of trance, they can always just pop out. So of course, I would only do what they asked me to do, what we agreed upon first. Only that. That way they can, feel completely comfortable about going deep into trance, and going deep into themselves, turning their awareness inside, and feeling completely comfortable with that. And, everybody can be hypnotized."

Her "Hmmm. Ya think so?"

Me "Oh yes, absolutely anybody can be hypnotized."

Her "I've heard people say that they cannot be hypnotized."

Me "Oh yes, I said that at one time too. I am the kind of person who, if there is something that I don't understand, I won't argue with somebody about it, I'm instead going to learn for myself, and then I can form my own statement and opinion. So I knew nothing about hypnosis. I just heard a bunch of things about it, and I thought it was kinda scary myself, so I decided I'm going to learn hypnosis and then I'm going to make my own decision about it. So I learned it, and I'm glad that I did. It's a wonderful experience. It's many times more powerful than meditation, many times more powerful." Her "Say that one more time!"

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Me "Many times more powerful."

Her "Well that would be fun to try it some time. Just to see if it could be done."

Me "Well I would only hypnotize you over the phone if you felt completely comfortable about doing this, and only over the phone when you are in the privacy of your own home, where, you feel completely comfortable doing this."

Her "You can hypnotize me over the phone?"

Me "Absolutely can. It's easy."

Her "Wow. Hmmm."

Me "And you will experience meditation much more powerfully than you ever have before."

Her "Oh my goodness! I didn't know you could do it over the phone."

Me "Oh yes, absolutely."

Her "Hmmm. That's pretty wild. Well, should I ask you to try it?" Me "I don't try, I do."

Her "Because I have to experience this."

Me "Well all you have to do is ask me, and then we can discuss it." Her "OK, I want you to hypnotize me. Will you please?" Me "I will only do this if you feel comfortable doing this." Her "Yeah, I do!"

So I did.

For what to say next, see "A complete script."

Instant Orgasm on Command

I told my friend 'The Hypnotist' from Toronto about what I did with hypnosis and thinkoff. He said "You don't have to go through all the trouble of explaining to them what's going to happen. Once under, tell them that they will have the best orgasm they can imagine when you do something, like touch your nose." Mark A. Cunningham told me, "Very true... given somnambulism you will ALWAYS get the suggested response."

I admit I was somewhat skeptical. How could anyone possibly have an orgasm without ANY lead in whatsoever? At Mark's "Building a Better Lover" seminar in October 2000, Mark assured me that it is absolutely possible.

The night after returning from the seminar, I called my girlfriend. I told her about some of the things I had learned. Conversation got onto the subject of Tantra and multi-orgasms. She said "I wonder what it would be like to have one orgasm right after the other, on and on, almost as if it were one eternal multi-orgasm, but it takes me a few minutes before I can come again." She also mentioned that she missed me and she was feeling very sexual. :-) This was the perfect opportunity for me to induce the instant orgasm. Because it would be over the phone, I would know for certain that only audio anchors would be involved. So I said "Baby, tonight I am going to hypnotize you, and something wonderful is going to happen." She said "OK!"

So I hypnotized her. I used fractionation and a ten minute induction to put her very deeply into trance. Then I said to her "You follow my commands very well. And you follow my commands instantly. And you follow my commands powerfully. In a moment, you are going to experience something wonderful. And it is going to happen instantly. I know you are feeling very sexual now. I know how much you want to come. And you know those famous words I tell you when I tell you to come. Tonight, I am going to say those famous words to you, and when I do, you will INSTANTLY have the most incredibly powerful, total mind and body orgasm you could ever imagine. And it is going to happen powerfully. And it is going to happen instantly. And it is going to happen NOW! COME LIKE A GOOD GIRL! Come like a GOOD girl! COME like a GOOD GIRL!" She started coming very vocally, and very powerfully. I continued encouraging her. She continued coming. This went on for 40 seconds. (I timed it!) She was having a real orgasm!

I should not be surprised that it worked, but I certainly was amazed. Then I told her to relax. After she caught her breath, I put her back down into deep trance. I wanted to ask her about it, but I wanted to keep her in trance, so I said "When I count to 3, you will keep your eyes closed, and you will remain in trance, and we will have conversation. 1...2....3 (snap) Hi Baby! How do you feel?" She slowly and breathlessly said "Oh my God!" I said "You came very hard." She said "Oh yes, and I came for so long. How did I do that?" I said "Because you followed my command." I waited to see if she had anything else to add, but she was speechless. So I put her back down into deep trance. And then I did it again. And it worked again!

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Then I extended the suggestion into her conscious realm by saying: "At any time in the future, even when you are fully conscious, whenever I say those words to you, it will happen. And it will happen instantly. And it will happen powerfully. Just like it is going to happen NOW! Come like a GOOD girl!" And it worked again!

I gave her the above suggestion again, and then I made her come again. hehe And then I repeated the suggestion, and then I made her come again!

Then I brought her up to light trance and said "Hi Baby, how do you feel?" She slowly said "I feel wonderful." I said "You feel very naughty because you know you are a multi-orgasmic woman who can have one orgasm right after another orgasm right after another orgasm. That makes you feel very naughty right now, doesn't it?" "Oh yes." "But you want to be a good girl, don't you?" "Yes." "Come like a GOOD girl!"

Then I sent her back into deep trance. I reinforced the suggestion that she is a multi-orgasmic woman who can have as many orgasms as she wants, as frequently as she wants. Then I did some "BaBGF" stuff and then I took her all the way out of hypnosis.

She said "Hi David." I said "Hi Baby, how are you?" She said "Oh my God. How did I do that?" I said "Because you followed my commands." She said "My whole body is so warm. One of the times I was coming, I could feel you inside of me. Nobody could ever make me feel like that but you. I feel so incredible." I said "I love to make you feel good Baby. It can happen at any time. Even when we are out to dinner. Even when we are out dancing. That makes you feel very naughty doesn't it baby?" "Oh yes" "Knowing that all I have to say is COME like a GOOD girl!" And she came while fully conscious! I did not say anything. I waited for her to speak. She said "Oh God. Oh David. Oh God I LUUUUV you! You are so exciting to me, so sexually and emotionally exciting to me. Nobody would ever believe me in a million years." (David takes a bow.)

She said she felt like Jello, and she was melting into her bed. I said "When you were deep in trance, you said that you could feel me inside of you. Can you remember that feeling? Can you feel me inside of you now?" "Yes" "Come like a GOOD girl!" hehehe

Then she said "Oh my God, my panties are soaked!" This was my opportunity to further implant the power of the command. I instructed her to masturbate and I talked her through it, but I told her she couldn't come. After she was begging to come, I gave her the command again. Orgasm number 9.

I asked her what the first orgasm was like, even though it was instant, and even though there was no stimulation. She said "Right before you told me to come, it was like my breathing got really slow. I had to tell myself to keep breathing. My clitoris started throbbing, even my vagina started throbbing. And then when you told me to come, it was like I was 'this' close for about 3 seconds, and then I came. I did not know where the orgasm came from. It was like everything between my knees and my belly button was tingly when I came. After I came, that whole area was warm, and my head

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was warm."

The next day she called me and she said "Right after we hung up, I went right to sleep. I was so mentally exhausted. It's all mental. It requires a great deal of concentration."

The next day she came over. While she was fully conscious I tested the command, and it worked, instantly. Then I repeatedly fired off the command, one right after the other, non stop. She was able to take it, and she was loving it. I lost count somewhere after 20. Her wish came true. She was an orgasm machine. And my search had finally ended for a method that would make a woman actually COME continuously for a half-hour straight. I found it in hypnosis. Later she said "With physical stimulation I become too sensitive to further stimulation, but when it's mental there's no limit!"

It is a popular skit in stage hypnosis shows. And, all you stage hypnotists, you guys should be giving each woman a penis and having them "jack off" right there on stage. The audience would go wild. hehe It really works! I have done it on a number of women, and it has worked every time. Every one of them actually felt their penis, and they actually felt themselves coming all over their stomach. Now get this: every one of them have subsequently bragged to me about how big they were and how far they shot! Really! What you should then do is let each of them show how big they are and how far they shot. The audience would have fun as each woman embellishes even more. (As for the male volunteers, have them rub their clit or make it their reality that they have breasts and each of their nipples is actually a clitoris.) Just imagine the fun the audience would have with this! Try it, and let us know how well it works.

"Given somnambulism, you will always get the suggested response." Mark Cunningham

The Rape Fantasy

Without question, the most powerful of all fantasies is the rape fantasy. It is a double edged sword. It can be very exciting, and it can be very dangerous. You must know your girlfriend's past experiences and know for certain that you will not get an abreaction.

I know that at one time my girlfriend was the victim of attempted rape. Attempted because she kicked the shit out of the guy and broke his fuckin' arm. She did not have any deep emotional trauma or anything from that, so I was not so concerned about her having an abreaction as I was concerned for my own life and limb. Therefore, she would have to be tied up. hehe That way, I would have a few seconds to wake her up if I had to.

I told my girlfriend "I have written an interesting script for you and tonight I am going to hypnotize you." She said "Oh, what is it?" I said "You'll find out." "O000, OK!" In the living room I hypnotized her. While she was under, I said "You remember how much we enjoy it when I tie you up. On the count of 3 you will go into the bedroom and undress and wait for me on the bed, and then I will tie you up. 1..2..3.." She got up and followed my commands.

In the bedroom, I tied her up, including blind folding her. Then I sent her back down into deep trance. I stood back a safe distance and then I described the reality: "Tonight, you are in a dark basement. You do not know where you are. It is pitch black, and you cannot see anything. A man you do not know has kidnapped you. You do not recognize this man. You do not recognize this voice. You cannot scream or fight, because you are afraid that he might hurt you. He is going to rape you. You don't know why, but you find it strangely exciting. On the count of 3, you will be tied up in that basement, and you will be totally helpless. 1.... 2.... 3.... (snap)"

Instantly, her breathing got short and quick, but she otherwise remained motionless,. I slowly approached. She did not resist as I played my part. Suffice it to say that I was a very bad man with a very foul mouth. She did not have any abreaction, in fact, she started to really get into it. Eventually, she came VERY long and hard.

Then I sent her back down into deep trance and said "You are safe now. Tonight was just a fantasy. Tonight was just make believe. You are now safe with me here, in my bed. If at any time in the future, if you ever sense danger, you will think clearly and you will be able to act accordingly." Then I took her all the way out of hypnosis.

We talked about it later. I asked her what it was like. She said "It was VERY exciting! It was a scary kind of exciting, which made it even more exciting. And it was... very... dirty. hehe" I said "Did you actually feel that you were in danger?" She said "If I had, believe me, I would have karate kicked your balls into next week." (ouch) I said "How could you not feel in danger but still believe you were getting raped?" She said "Oh I definitely believed that I was getting raped, but something told me that it was OK. It was like I knew that inside there somewhere it was you." Maybe

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that was her mind's way of letting her have the fantasy. She continued "I could not have enjoyed it if I had actually felt in danger. If I had actually been raped in the past, I don't think this would have been a very good experience. Also, if I did not trust you completely like I do, I don't think this would have been a very good experience. But there was a moment or two when I did wonder if I was going to see a bad side of you that I never knew of, and that was kind of exciting. But I really did like how you were so dirty! Usually you talk naughty to me, which I love, but occasionally it is fun to be dirty."

I asked her "What was your favorite fantasy? Was it the virgin, or the hooker, or the rape?" She said "Don't make me choose. I liked them all. Sometimes I like to be innocent, sometimes I like to be naughty, and sometimes I like to be dirty. Which one did you like the best?" I said "I liked that one time when I taught you to.... COME like a GOOD GIRL!"

"Come then, Come then! Give me thy hand, oh fairest! Whisper a gentle 'yes.' With joy my life thou'lt bless. Come, dearest, let me guide thee. Danger shall ne'er come nigh thee." Don Giovanni

Does She Remember?

You might ask, "If you are having sex with your girlfriend while she is hypnotized, how do you ensure that she remembers the entire experience after it's all over?"

This is a fascinating topic, and of great interest to me. It certainly is key in the understanding of hypnosis.

A couple years ago, a friend of mine told me about a stage hypnosis show he saw. He said there was one subject who was especially entertaining, so the hypnotist had him do all sorts of fun embarrassing skits. Then the hypnotist told him "You will not remember anything that happened up on stage tonight, UNTIL the moment that you walk out THAT DOOR, you will INSTANTLY remember EVERYTHING that happened!" At the end of the show, everybody took their time going out because they wanted to watch that guy walk out. The moment he stepped through the door, he stopped, and covered his face, and then everybody applauded.

At Mark Cunningham's Stage hypnosis seminar, Mike Doubet had just finished hypnotizing one of the students. I raised my hand and asked Mike "Does he remember what happened?" Mike waved his hand in front of the student's face and said "You remember it all." The student smiled. I said "NO NO, you told him to!" Then Mike waved his hand in front of the student's face and said "Now you don't." The student had a very puzzled look on his face. Mike asked the student what happened, and the student just had a puzzled look on his face. Then Mike said "Now you do." The student then smiled and described what happened. So, basically, THEY REMEMBER WHAT YOU TELL THEM TO!

Of course, that student was still very suggestible, having only just come out of hypnosis, and of course, the hypnotist WAS Mike Doubet. As for the rest of us lover boys / part time hypnotists, we want to make the suggestion WHILE she is still under.

Remember that chapter where I hypnotized my girlfriend and told her: "Tonight, whenever I say your name to you, you will think of how horny you are. Every time I say your name to you, you will become even hornier than before. And you won't know why, because you will keep it a secret from yourself that I told you this." When we were out on our date, I said her name to her many times, and she subsequently dragged me home. Later, as we were falling asleep, I said to her "You have been keeping a secret from yourself this evening." She said "I have? What secret?" I said "When I snap my fingers, you will reveal your secret to yourself." I snapped my fingers and just watched her. A few seconds later she started laughing and then said "No WONDER you said my name so much!" hehe

Without instructions to the contrary, what she remembers varies. If she is very deep in trance, like during an induction, she later has no recollection, or limited recollection, of the actual words I said. That's when I do my BaBGF work. But she does have very vivid recollection of any visuals that I tell her to imagine, such as "a cord of light, joining us, bringing us closer" or of any feelings I tell her to imagine,

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such as "feel deep rapport in your solar plexus." The words used to instruct her to imagine those things are somewhat remembered later because the imaginations give a trace back to the instructions.

At slightly higher, but still deep levels of trance, like for Tantra, I will be telling her to relax, but she will think that it is her voice telling herself to relax. Later she will 'recall' my words, because she will tell me "When you were telling me to relax, I thought I was telling myself to relax." That would mean that when they are under, they experience one reality, but when they are conscious again, they have a more 'realistic' view of what that reality actually was. That's why fantasies under hypnosis are so kewl. When they are under, they are really in it. It is only later, when they come out, that they see it for what it really was, just a fantasy.

At higher levels of trance, like during the enactment of a fantasy that requires a great deal of physical involvement, she remembers all of it.

My girlfriend is working on her Masters degree. One Sunday afternoon I hypnotized her and said "Today, when you read, you will read with great concentration and retention." The following week she said "When I studied for my test, I didn't even have to review Chapter 12, because I had learned it so well!"

Another note about 'memory' and 'awareness' while under. After you put her deep in trance, and describe her reality to her, say the fantasy de jour, then you can go about the fantasy and she will simply bubble up to a level such that she can fully participate with complete awareness, and also still be 'under hypnosis.' Their minds figure it out what level they should be at in order that they can follow through on the instructions they have been given.

Of the people I have hypnotized, they have all remembered what happened under hypnosis. The only person I told specifically to forget anything was my girlfriend that one time, and that was for the sake of the fantasy.

So basically, to finally answer your question: yes, by default, your girlfriend will remember the "good" parts. If you want to be sure, simply TELL her she will.

"Simple clear instructions!" Mark Cunningham

Like in a Dream

One night I was doing Tantra on my girlfriend while she was deep in trance. I was using the welcomed method while telling her to relax. I was telling her to continue to breathe normally and to allow her vagina to completely relax. She was in total peace and continuous ecstasy. This went on for about a half hour.

Then I decided to try something new. I told her "You will be able to continue to breathe normally and you will continue to allow your vagina to be completely relaxed while you allow yourself to come. Now, continue to breathe normally and remain totally relaxed, and come now. Come like a GOOD girl. Continue to breathe normally and continue to allow your vagina to relax, and come now." Her vagina did contract, but her breathing remained normal and she remained completely motionless. Then I did it again, and again the same thing happened. Then I did it a few more times.

Then I took her all the way out of hypnosis. She hugged me tight. I asked her what it was like and if she had actually come. She said "Yes, I came very hard, many times. It was like how I come when I have a sexual dream. It was all in my head. But this time it was so intense that my mind saw total white light. It was like I could see my orgasm." I asked her if it was more intense than when she comes while being fully physically engaged in the orgasm. She said "They are both as good, but different. Because I was so relaxed, it made it hard to come. But that's what made it so powerful!"

Later we were talking about some past hypnosis sessions we have had and she said "It's interesting, once I can do something under hypnosis, I can do it again later while fully conscious." I said "Yes, that is true. In fact, you can now come while remaining completely relaxed and continuing to breathe normally. Without any stimulation, you can come just by hearing those famous words, and remain completely relaxed. Now come on the inside. Come like a GOOD girl while you remain completely relaxed." She remained completely relaxed and her eyes glazed over. On the inside she came. After she came, she said "Oh my! I went away somewhere for a moment there." I said "Did you actually come?" She said "Oh Yes! Very hard."

Then I said "In fact, at any time, whenever you want, wherever you want, you can do that again, for yourself, by yourself. All you have to do is go inside and say those famous words to yourself, and it will happen. Do it." She remained completely relaxed and again her eyes became defocused and she came again. wow.

Coming Continuously

In the past I have hypnotized my girlfriend and 'told' her that her orgasm would seem to last a very long time, as if it went on and on and on. But it never worked 'convincingly.'

I told my girlfriend under hypnosis: "When you come, time will seem to drag on forever. Seconds will seem like hours." etc, etc. Then I used the deep spot to make her come, and I continued the commands. She did not come any longer or shorter than usual. Later we talked about it and I asked her what it was like. She said "It was like many multiple orgasms strung together." Then I asked her "Did it go on for a long time?" She said "Did it?" Not very convincing.

Using physical stimulation, the longest I have been able to make my girlfriend come is 50 seconds. Everything has to be right, and it takes a lot of work.

So I figured, I won't make it SEEM like it takes a long time, instead, I will MAKE it take a long time! I figured since I can make my girlfriend come when I tell her to, then I can make her stop when I tell her to, and not before!

One night my girlfriend called me. We did the usual talk about her work and school and friends. I eventually steered the conversation in the direction of more sensual topics. We found ourselves discussing what we are going to be doing to each other this coming weekend. She said "You always put so much effort into thinking about and planning my pleasure." I said "I have something planned for you for this weekend. I also have something very special planned for you when I hypnotize you tonight." She said "Oh Really?"

I told her to get all comfy and then I hypnotized her. While she was deep in trance I said: "Under hypnosis, you follow my commands completely. Under hypnosis, there is only success. You have learned many things. You have learned how to come instantly when I tell you those famous words. You have learned how to come instantly when you simply tell yourself those famous words. Tonight you are going to learn another new skill. Up until tonight, your orgasms have lasted a long time and they have ended by themselves. But tonight, not only are you going to come when I tell you to, tonight you are going to learn the skill of maintained orgasm. Tonight, you are going to keep coming continuously and coming continuously and coming continuously until I tell you to stop. You will keep coming continuously until I tell you to stop. You will NOT stop coming until I tell you to stop. You will keep coming and coming and coming, and you won't be able to help it. You will be totally consumed by your orgasm, and you will not be able to stop it even if you tried. You will come continuously, and it will be easy. You will not be able to stop, until I tell you to. And you will NOT stop until I tell you to. I am going to give you those famous words now, and you will start coming, and you will not be able to stop coming until I tell you to. Come like a GOOD girl!"

She started coming immediately. I encouraged her on. I said "That's a good girl. Keep coming. You can't help it. You just keep coming. You can't help but keep

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coming. You are totally taken over by your orgasm. You can't help but keep coming." The one minute mark passed. YES! She was still coming, hard. I said "Keep coming. You can't help it. You just keep coming." One and a half minutes! "Keep coming baby. You're doing good. You are totally taken over by your orgasm, and you can't HELP it. Keep coming!" The two minute mark was approaching. She was still coming just as hard as ever! At exactly two minutes I said "STOP! That's a good girl. You can stop now. You did VERY well baby."

I talked to her and soothed her as she caught her breath. Once she was relaxed again, I sent her back deep into trance. I said "Whenever I tell you those famous words, you will instantly start to come, and you will keep coming, and you will not be able to help it. And you will keep right on coming, and you will not be able to stop until I tell you to stop." Then I took her all the way out of hypnosis.

She was amazed. I told her "Now that it is true for you, it can happen even now, when you are fully conscious. Come like a GOOD girl!" She started coming right away, and kept on coming. Two minutes passed. She was still coming hard. Three minutes! She was STILL coming! Hard! Four minutes!!! She could have kept going but I told her to stop. She had come for Four Fucking minutes. Continuously!

She said "Oh my God! I came so HARD!" I said "Do you know how long you came?" She said "No, how long?" I said "Four minutes." She said "No way! It didn't seem that long." Damn! hahaha. She said "When I am coming, I have no sense of time." I asked her "Was it like waves of orgasms, or was it one continuous orgasm." She said "It was one continuous orgasm, and it kept getting stronger."

"Every true lover knows that the moment of greatest satisfaction comes when ecstasy is long over, and he beholds before him the flower which has blossomed beneath his touch." Don Juan DeMarco

The One Hour Come

My good friend The Hypnotist' in Toronto told me about a book called "ESO." I went out and purchased it. The book is "ESO: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm" by Alan Brauer and Donna Brauer, Copyright 1983, ISBN 0-446-38645. I can highly recommend the book.

There are three stages of ESO. Stage I is the standard single orgasm. Stage II is multiple orgasms. Stage III is Extended Orgasm, marked by continuous slow contractions. Stage III has two phases. Phase I is alternating squeezing and pushouts of the vagina. Phase II is only pushouts. Squeezing is defined as simple contractions of the vagina. Pushouts are defined as contractions in which the depth of the vagina balloons and the opening of the vagina tends to pushout. Pushouts are said to incorporate deeper muscular and be far more pleasant. The book has a time chart, which goes from 0 to 60 minutes, with the level of pleasure continuously increasing.

The man alternately stimulates the woman's clitoris and G-spot to bring her close to Stage III. Stage III is entered by him stimulating both spots at the same time, and her concentrating on her breathing, being sure not to hold her breath. She is to totally let go of any resistance. (To me, this read that she is to relax and remain breathing normally.) Therefore, the pleasure continues to increase, and Phase I of ESO is obtained. After about 15 minutes, she enters Phase II of ESO, marked by long deep push-out contractions. A woman can be in Phase II for 15 minutes or more.

Quoting now from page 100: "To your partner this phase feels timeless. She feels as if she is on an orgasmic track of continuous and smoothly rising pleasure. Like a meditative state, the feeling is of an altered state of consciousness - floating without effort. [...] We have preliminary data from electrical brain recordings that show characteristic changes in brain waves occurring during ESO. The brain wave pattern appears to be different from other states of arousal and other stages of orgasm. We find a possible shift in activity between the left and right hemispheres of the brain, which become more synchronized with each other. These changes are similar to those seen in states of deep meditation."

This, gentlemen, is hypnosis.

I enlisted my willing love lab subject, my girlfriend, and set out to field test ESO. We tried all the clitoral stimulation methods they suggested in the book, but none felt as good as the welcomed method. We tried the various vaginal stimulation methods, but none felt as good as massaging the back of the deep spot.

I used a combination of the welcomed method of clitoral stimulation and my method of massaging the back of the deep spot. Once she started getting really excited, I told her "Deep trance!" to put her quickly into hypnosis. (Mark Cunningham explains how to do that on his "Boys with Toys" tape.) I told her to relax and to remain breathing normally, and she could continue to answer my questions. She was very 'close' for about a half hour. When she said she wanted to come, I told her to remain relaxed and to remain breathing normally as she came.

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As before in recent love lab sessions, she kept coming, and continued to breath normally. After a few minutes of this, her contractions were long and strong. She said that her pleasure was steadily increasing. This went on for about 15 minutes. After that, her pleasure was increasing at a slower rate. I could have kept going, but I stopped.

She said that she had never felt more wonderful in her life, and that she had never come so strong, By Far!

She did say that her clitoris had begun to tire of the stimulation, but the back of her deep spot was wanting even more.

The next time we tried it, I used less clitoral stimulation and more deep spot stimulation. It went for about a half hour, but the skin around her vagina became sore, and that caused her to level out.

Therefore, I knew that I would have to limit the amount of time spent on her clit, and make the most of the time that I could spend massaging her deep spot while being very careful with the skin around her vagina. More lubrication would be required. In order to make the most of the time I would actually be touching her, I would not touch her to bring her to orgasm like I did before, but instead, I would first TELL her to come, and THEN I would start touching her. This way she would get up on the ramp quickly, and I could then use stimulation to drive her further up the ramp to new heights.

So, the next time we were together, I told her to remain completely relaxed, continue to breath normally, and 'Come like a GOOD girl.' She remained silent and motionless while on the inside she came. It was all mental. Her vagina had not yet started the deep contractions that deliver the really deep pleasure.

Then I told her "Deep Trance." (I could have hypnotized her first, and then told her to come, but there is something fun in sending a woman into hypnosis WHILE she is coming :-)

I then began to use the welcomed method of stimulating her clit. This started her vagina contracting and started her up the ramp. After about 15 minutes of that, I moved to massaging the front of her deep spot. This caused her contractions to become long and strong. After about 15 minutes of that, I started massaging the back of her deep spot. This sent her much higher, and her contractions became very long and very powerful. She was experiencing pleasure far beyond what she ever had. I did that for a half hour, and she was coming increasingly more powerfully.

After an hour of coming, she said that she was starting to level off, so I told her to stop. She said that the only reason why she was leveling off was because she was becoming mentally and physically exhausted. No surprise, she had been coming very hard for an hour!

"Although there is no metaphor that truly describes making love to a woman, the closest is playing a rare musical instrument. I wonder, does a Stradivarius violin feel the same rapture as the violinist, when he coaxes a single perfect note from its

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heart?" Don Juan DeMarco

Time Distortion

Usually, when my girlfriend is in trance, I address her in the second person, like "You will now feel..." or "Now I want you to..." But one time, I tried something different.

I hypnotized her and I spoke directly to her subconscious mind, and addressed her conscious mind in the third person. "I am now speaking to the subconscious mind. Subconscious mind, you and I have deep rapport. Together, we make her feel wonderful things. As you and I talk, I want you to allow her conscious mind to be entertained with the wonderful visualizations that she so enjoys when she is in trance. Let her see those visualizations now, as you and I talk..." and then I did some 'BaBGF' work for about 45 minutes.

When I took her out, she asked "How long was I in?" I told her. She said "It felt like I was in for 2 hours!" I decided to try Time Distortion, so I put her back in.

"I am now speaking to the subconscious mind. Subconscious mind, you and I have deep rapport. Together, we make her feel wonderful things. As you and I talk, I want you to regulate her normal breathing, and I want you to allow her body to remain completely relaxed, and I want you to allow her conscious mind to experience an incredible total mind and body orgasm that will seem to her to go on for an entire hour. As you and I talk, and as you regulate her normal breathing, I want you to make her 'COME like a GOOD girl!' Let her keep enjoying that wonderful orgasm as you and I talk." Then I did some more 'BaBGF' work for about 5 minutes.

When I took her out, she had a big smile on her face. I asked her "Was it powerful?" She said "Oh Yes. The pleasure swirled around in my head." I said "How long did it last?" She said "Wow, it felt like it went on for half an hour!"

"There are only four questions of value in life Don Ottavio. What is sacred? Of what is the spirit made? What is worth living for? And what is worth dying for? The answer to each is the same. Only love." Don Juan DeMarco

Sleepnosis

While a person sleeps, their subconscious mind is listening to everything. Elman discovered that hypnotizing someone while they are asleep creates a deep state of hypnosis.

Hypnosleep is discussed in a video from Mark Cunningham. It is a very suggestible state.

One late Saturday night, I was reading to my girlfriend in bed. As I had hoped, she fell asleep. She was laying on her side with her back to me. I continued reading. At the end of the story I said "And they lived happily ever after. Even as you sleep, you continue to listen to my voice. Even as you continue to sleep soundly, you hear my voice. Even as you sleep, you can go deep into hypnosis. As you continue to sleep soundly, you can go into DEEP traaaaance." (Those are her command words to drop into hypnosis.)

She continued to sleep. She did not seem to notice. I continued "Deep relaxing trance. Going deeper and deeper. Even as you sleep, you continue to listen to my voice. Even as you continue to sleep soundly, you go deeper, and deeper, and deeper into trance." etc, etc.

After about a minute of this, I said "Throughout the night, you will enjoy very restful sleep. You will have many dreams tonight. You will dream about you and me in very exciting sexual situations. You will have many exciting and satisfying dreams tonight, and you will come many times. In fact, you are going to come right now, even as you continue to sleep soundly, you are going to 'Come like a GOOD girl!' She remained still. I waited a couple minutes and then I did it again. Again no response.

Then I decided to test to see how it was working. I said "Even as you sleep, you can enjoy my touch, and my touch only serves to send you deeper into trance." I continued talking to her as I gently caressed her side, and then her breast. She remained still. Then I lightly pinched her nipple. Usually this makes her nipple respond, but there was nothing. So I said "Even as you continue to sleep soundly, you can make this nipple hard." And it instantly got hard! And she didn't seem to notice.

Then I tested my commands by saying "Even as you sleep, you can roll over on your back. Roll over on your back now." And she did! And she was still sleeping, with very slow deep breaths.

I continued talking to her as I lightly caressed her stomach and then let my hand wander lower. Then I slid into third base. She didn't seem to notice. I said "Even as you sleep, you continue to enjoy my touch. My touch sends you deeper into trance, as you enjoy very restful sleep. Even as you continue to sleep soundly, you can savor the wonderful sensations."

I began massaging the front of her deep spot. She was still sleeping. Her vagina was contracting, but the rest of her body remained totally still. I did this for a minute or so and then I told her to come again. At this point, I realized that I could get away with anything. So, I went and checked email. hehe

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When I returned, I did some BaBGF work, and then I told her to come again. Then I told her to move over and then I went to sleep.

In the morning, she said "I'm sorry I fell asleep on you last night." I said "That's ok Baby, I'm glad my voice relaxes you." She said "Did you talk to me last night while I was asleep?" I said "Yes, do you remember what I said to you?" She said "No, I don't remember any of it, but I thought you talked to me. Did you touch me while I was asleep?" I said "Yes." She said "I thought so! I'm surprised I didn't push your hand away. Whenever anyone has tried to touch me while I'm sleeping, it annoys me and I push them away." I said "Did you dream last night?" She said "Yes, I had many dreams!" I said "What did you dream about?" She said "I don't remember." I explained to her what I did while she was asleep.

Later in the day we were sitting on the sofa and I asked her again "Can you remember what you dreamed about last night?" She said "No, I cannot recall any of them." I said "I can help you remember them." And I hypnotized her. While she was under, I said "Last night you had many dreams. The dreams are all stored in your subconscious mind. When you open your eyes, your subconscious mind will make all the dreams available to your conscious mind." And then I brought her all the way out of hypnosis. Then I said "What did you dream about last night?" She said "You and I were making love on a theatre stage with a thousand people watching. Then we went parking in your convertible and you were touching me while many women watched. One woman told me to 'come like a good girl.' I think that was when you were touching me in my sleep." I said "Did you come in your dreams?" She said "Oh yes! Many times."

"I consummated the sweet crime in her and with her; but before the climax she opened her beautiful eyes. 'Oh God,' she cried in a dying voice, 'so it is true!'"
Giacomo Casanova

Learning to Squirt

A few years ago, I was dating a beautiful aerobics instructor. One night while we were together in her bed, I was massaging the front of her deep spot, and she was loving it. And then, when she came, she squirted all over my hand! It was a clear fluid, like warm water. She said "How embarrassing! That only happens when I get really excited." I said "I think it is exciting, and I am flattered that you were so excited."

I had understood that there is a gland along the woman's urethra, right in front of the G spot, which squirts a clear fluid out the urethra, in composition similar to the transport medium in ejaculate.

A few months ago, my girlfriend said "It is interesting that every time after we make love, I have to pee really bad!" I said "Well Baby, that is because you have been withholding your ejaculate." She said "I have heard of that. I really want to be able to do that! That would be VERY exciting!"

I told her I would be happy to help. We rented the video called "Squirters 2." It is by a guy named Seymore Butts. It will show you what is possible, and how far some women can squirt. He basically said, "All you have to do is pump her G-spot, like this, and then she will squirt."

We tried on many occasions. I would massage her G spot and I would pump her G spot. Nothing. I hypnotized her and I told her that she would squirt. Nothing. She said "I am determined!"

Then I found a book called "The G Spot." This book is outstanding! It is a must have for all you Lover Boys.

I asked my girlfriend "When you get close, do you feel the urge to urinate?" She said "Yes, so I hold it in." I said "You are holding in your ejaculate. Next time go with the feeling and push it out." She said "But I don't want to pee on you!" I said "It only feels like you are going to pee. But you won't pee, you will ejaculate."

As always, I assured her that everything is natural and normal, and nothing is embarrassing.

I asked her "Which method makes you feel like you have to pee the most? Is it clitoral stimulation, or deep spot stimulation, or G spot stimulation?" She said "It happens most when you massage the front of my deep spot." I said "Would you feel more comfortable if I were to hypnotize you?" She said "Yes."

I wanted to hypnotize her so that she would be able to follow my commands without embarrassment. When she was deep in trance, I said "I am going to massage the front of your deep spot, and as I do, you are going to feel an increasing urge to pee. The closer you get, the more you will feel the need to pee. You will welcome this feeling, and you will push it out. If any thought tries to stop it, you will instantly stand in front of that thought, and you will push it out. The more you push it out, the stronger your orgasm will be, and the more you will ejaculate."

Then I started massaging the front of her deep spot. I continued talking her through it. I told her to talk to me and tell me if she was feeling the urge to pee. She

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said she was, and it was getting stronger. I told her to welcome the feeling and to push it out. I continued talking her through it. Interestingly, she opened her legs wider than ever before. Then she got really close and I told her to push it out. When she came, her voice was more guttural grunting. I watched closely for any squirting. Out of her urethra dripped a white liquid that looked almost exactly like my ejaculate, and it pooled in the palm of my hand. She was ejaculating!

It wasn't much, about half a teaspoon. After she caught her breath, I carefully removed my hand so as to keep the liquid in my hand. I told her to look at it as I held it near the candle, and she was so proud. It certainly was not urine or vaginal lubrication.

I asked her "Do you have to pee now, like you usually do after sex?" She said "No!" I said "Was the orgasm different?" She said "Yes. It was great. I could feel the cum pulsing out of my urethra. The only other time I felt that was when you hypnotized me and gave me a penis." (Maybe she ejaculated then.) "All those years! I was trying to stop from peeing, but in actuality, I was stopping myself from ejaculating! I'm even sexier now!"

I taught her how to build up her PC muscles, and she started working on that.

And you absolutely must have the book 'The G Spot and Other Discoveries About Human Sexuality' by Ladas, Whipple, and Perry. Copyright 1982. ISBN 0-440-13040-9. It has an entire chapter on female ejaculation, which is very informative. It also has chapters on the PC muscle and other good stuff.

The book said that embryologically, the urethral glands of the female are homologous to the male prostate glands (just like the ovaries and the testes are from the same embryonic tissue.) These paraurethral glands (on either side of the urethra) are known as the Skene glands (Alexander Skene, MD, 1880.) Before an orgasm, the woman feels the urge to urinate. At the time of orgasm, the woman pushes, as if to defecate, and a fluid is expelled out the urethra. This fluid has been described as colorless, clear, or milky. It has never been described as yellow. The amount of fluid has been reported to be between a few drops to quantities so large that the authors think might be overstated. The taste varies from tangy, sour, tart, to very sweet. Some women always ejaculate others sometimes. The overwhelming majority ejaculate in response to G-spot manipulation. Some can in intercourse, and some can with only clitoral stimulation.

My experience has been that G-spot stimulation alone is usually not enough to cause an orgasm. But the deep spot has always caused an orgasm - and in my girlfriend's case, it also caused her to ejaculate.

My girlfriend had been doing her Kegel exercises (strengthening her PC muscles) and she had been practicing squirting every day. What a good girl. Just a few days after I taught her to ejaculate, she called me and told me that she had massaged her clit and placed a bowl under her and squirted into the bowl, haha, and then she poured that into a measuring cup. She said it was almost half a cup! Yikes!

A few days after that we were together and I massaged her G-spot. Nothing. I started to doubt her claim, but I didn't say anything. The next day we were on the topic

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again, and she admitted that she had been holding out. She said it is easier for her to come when she holds it in, but it is harder to come when she just lets go, and pushes out. She did say that when she does push out, it makes the orgasm more powerful.

Then, the following weekend, I assured her that it was OK for her to totally let go, and just let it happen. In order that she would be more comfortable, and that she would better follow my commands, I hypnotized her. Because she had more luck with her clit, and I had no luck with her G-spot, I decided to use the welcomed method of rubbing her clit. And it worked. This time she came like a garden hose! It was clear fluid, just like water. I don't know how much it was, but it sure made a mess.

Therefore, at least in this case, it is not what gets massaged as much as her willingness to just let go and let it happen and push out.

Interestingly, the inside of her vagina contracts slightly differently when she is pushing out as when she is holding back. When she is holding back, the entrance to the vagina constricts very hard, but not the depth of the vagina. When she is letting go and pushing out, the depth of the vagina contracts and I can actually feel the uterus descend slightly. Also, when she lets go, her voice is more guttural grunting when she comes. The next day her voice will actually be slightly sore.

So guys, ask your girlfriend if she has ever felt the urge to urinate during sex. If so, you're almost there.

I did further research into 'the literature' (the sex books at all the local bookstore) and have found it said a few times that the G-spot is not effective early on, but it is very effective as a turbo charger right before the orgasm. In my experience, I have found the G-spot to be totally worthless in the opening game, so I never delved into it further. It was not until all this squirting stuff that I realized it does have a place in the end game.

Here's what I would do after learning more about my girlfriend's preferences and responses for maximum squirtage. First there is much foreplay and emotional bonding. Then I will say to her "Baby, tonight I want you to come so fucking hard that it soaks my bed. That will make me so excited." Then I will start things off with the welcomed method of clitoral stimulation. I'll do the welcomed method up until the "Oh God" part. Then I'll massage the back of her deep spot. She loves that, and it serves to deepen the orgasm. Then when she gets close, she wants me to rub her G-spot. She agrees that it works as a turbo charger at that point. Then right before she comes, she wants me to rub the front of her deep spot. That makes her really feel like she has to pee, and it makes her come Very hard. When she comes I encourage her further "Yes Baby! Harder!"

One night she came so hard that she squirted a full four feet down the bed! It was wild! The squirting pumped almost continuously for over 10 seconds. My bed was soaked! After she caught her breath she said "I think I still have some more." I massaged the front of her deep spot some more, and in about 30 seconds she squirted again! Not as much the second time. This is consistent with the video "Squirters 2" in which Seymore's girlfriend also said "I have some more" and so he rubbed her G-spot

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for about 30 more seconds and she squirted again. The second squirting was slightly less.

My girlfriend said that being able to squirt provides "By Far" the best orgasms of her life. (There have been a lot of "By fares" in the past few months.) She also said that it makes her come much quicker.

My girlfriend has turned into a squirting sex monster. She loves her new toy. She has to squirt every night. She said "If you had told me a year ago that I would squirt like this, I would have told you that you were crazy." She brags that she can squirt much more than me. She asked me "Why do women squirt more than men?" Good question.

Later, my girlfriend told me about something her best girlfriend told her a few years ago. Her girlfriend said, "When my boyfriend and I were having sex, right when I came I peed all over him! I was SO embarrassed!" Now my girlfriend believes that her friend was actually ejaculating and that since then her friend has been 'holding back.'

Mark once said "Any woman can be taught to squirt." I believe him. After having read the book "The G Spot and Other Discoveries About Human Sexuality," it is obvious that every woman is born with the natural ability to squirt. They all have Skene glands. Most just don't know it. Most women trained themselves early on to hold back because they thought they were going to pee.

After these experiences, I have some comments about Seymore's video "Squirters 2." He basically said all you have to do is rub her G-spot "Like this." He never mentioned anything about an urge to urinate, or not holding back. And he said "and then she will squirt." Wrong! You have to tell your woman that she will feel an increasing urge to pee and that it is her sign that she is going to come very hard, and that you want her to push. Also, the G-spot is Not required to make a woman squirt. In earlier sessions, I have made my girlfriend squirt using just the back of the deep spot or just the clitoris. The best so far is what I described above.

'think-o-squirt'

Just telling my girlfriend to "Come Now" is not enough to make her squirt. It takes time for the Skene glands to secrete the ejaculate. But I wondered if she could squirt by using the 'thinkoff' technique...

So, I hypnotized her as she lay in bed as I sat next to her without touching her, and told her, "As you keep your hands by your side, you can already feel your vagina begin to get very excited. Feel how your clitoris becomes very sensitive and hard. It makes you so excited that you can feel your cum building up inside you. The more you feel your cum building up inside you, the more you want to push. The harder you push, the more excited you become. The more excited you become, the more your cum builds up inside you, and the harder you want to push, and the more excited you get, and the harder you are going to squirt." etc, etc.

After about three or four minutes of this, she was very close, and she held her legs open with her hands. Nothing else was being touched. My tonality became more

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forceful, and then it happened. She had a very powerful orgasm and she squirted! It was not with the fire hose force that is usually the case with direct stimulation, but she did ejaculate.

"Women really love men who love women. Women respect men who respect women. And women go absolutely crazed-weasel wild over a man who obviously knows how to please and satisfy a woman." Mark Cunningham

Dating the Bisexual Woman

Let's face it, we all want our girlfriends to be bisexual :-)

If you are dating, or wish to date, a bisexual woman, you would be well advised to do two things. First, you must get Rick H's "Banging bisexual babes" Methods and Masters CD from Straightforward. Rick tells you all the things you have to know in order to deal with bisexual women. Second, you must get Mark Cunningham's "Building a Better Girlfriend" from trucor.com. Mark tells you what you have to do in order to set the context in which your girlfriend can enjoy bisexuality.

In "Building a Better Girlfriend," Mark stresses that we create a context for our woman in which she can surprise us with her own ideas. Imagine my surprise when after my girlfriend and I had been dating a few weeks, she said to me "I would like to bring another woman into our bed." She said that she has always been sexually attracted to women, and that she had 'fooled' around with women before, but had never 'gone all the way.' I went into Rick's "Sexual Nurturing" pattern, and then elicited her rules and values around what a threesome would be for her. She said that she could never establish an emotional bond with a woman, and that it was purely sexual. She did not want a woman who would 'fall in love' with her. Just a woman as a girlfriend / fuck buddy. It had to be a stranger; friends are off limits. She said that she insisted that she and I maintain the exclusive emotional bond that we have for each other, and that she did not want me to establish an emotional bond with the other woman. I assured her that I intended to remain emotionally exclusive with her. She said that she did not want to be with another man, that she could only be with one man. I told her that I would never share her with any man and that the only man who would be involved would be me. I went into Rick's "Ying Yang energy" pattern. I did not ask her for details about what her and I and the other woman would do in a threesome. I figured things would take their natural course. I said "By sharing a woman together, it will bring us even closer together." (See "Building a Better Girlfriend.")

We had most of the rules understood, so we set out to meet women. However, she was a total AFC when it came to meeting women in person. She can wrap men around her little finger, but when it comes to women, she has all the classic restraints, such as "What if she doesn't like me?" or "She will think I am hitting on her." I used hypnosis to tell her while she was in trance that she was confident around women. That created a slight improvement, but basically, simply telling someone what they are to be just doesn't work.

She and I would go to the night clubs, and I would approach women on our behalf. We would get good rapport, but our sarging skills as a team were poor. I continued teaching her NLP, but I did not push anything. Women resent it when their man pushes them onto another woman.

The confidence building was enough for her to be able to go to the Internet and answer online ads from other bisexual women. On the Internet, or in gay bars, woman

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on woman sex is very easy to obtain. The two women simply meet, and if they find each other attractive and with a pleasant personality, they go home and get it on. She admitted that woman on woman is more superficial and shallow than woman on man. That was about the time she and I were separated for two months. She ended up sleeping with 3 women during those two months.

After we got back together, she said "Some night I want Jenny to come out with us. It would be exciting for me if she and I were to hang on you. It would make you appear even more strong and sexy to me than you already are." She knew that I could play the role well. Then she said "It would be very exciting for me to watch you have sex with another woman while I rub her clit." I said I would oblige her. She said "Love is love, but sex is sex." What a gal.

She ended up not hooking back up with the three women she had been with, for various reasons. We went about our relationship, busy with things like teaching her to have a one hour orgasm and teaching her to squirt.

Eventually, she started talking about it again. She wanted the confidence to be able to approach any woman. I had an idea.

She is the top sales representative in her company with the highest 'closing' percentage. She is sent to various sites in the corporation to teach other sales representatives how to be as good as her.

One Sunday night, as we were driving to the restaurant, I asked her "What is your secret to 'closing the deal' with such precision?" Over the next three hours, she articulated her entire formula. There were ALL the typical NLP tactics in there; rapport building, linking feelings, letting the client think they are in charge when really she always is, pacing, reframing, scarcity, bridging between islands, fear of loss, etc. It was ALL in there. She had different terms for them, but they were ALL in there. It was amazing to listen to her. She finished her dissertation about the time we got back to my couch in my living room. I asked her "And how does it make you feel, personally, emotionally, if you loose a sale?" She said "Their loss."

In order to help her to be comfortable with women, all I had to do was let her think she was just 'closing another sale.' I thought that I might be able to move her pictures around. She has an undergraduate in psychology, and she has learned some NLP from me, so she was ready.

I told her to imagine that there was a giant movie screen all around her, and I asked her to show me where she placed pictures of people. Behind her were people she did not know yet. As she got to know them, they moved around either side and then to the front. People she didn't like went to the floor. People she established a deep emotional bond with were above her. I asked her "Where do you see clients?" She said "Directly in front of me." I said "Where do you see beautiful women you are attracted to?" She said "Directly in front of me." There was nothing I could do with that.

So I asked her to view 'movies' of HERSELF interacting with people, actually looking at herself and the other person interacting. This proved to be slightly different. She placed the movies of the women she had slept with behind her, because she has

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since lost trust in them. She placed movies of interactions with men on either side of her, meaning that she won't expend any energy on them, but if they have something interesting to say, she will listen. She placed movies of people she didn't like on the floor. She placed movies of her clients directly in front of her. She placed movies of me all around her. Same with her parents, and her two life long girlfriends. Then I asked her "And where do you place movies of yourself interacting with beautiful women?" She said "All around me." I said "Do you notice where you place movies of interactions with beautiful women?" She said "Yes! I am putting too much emotion into it!" I said "What we are going to do is move your movies around. Do you believe this is going to work?" She said "Yes!" I said "It will be most effective under hypnosis. Are you ready to go into trance?" She said "Yes!"

I hypnotized her and I had her play all her movies, with the last being her interaction with beautiful women. Then I said "Now take all those movies, and begin moving them forward. Take all the movies of those interactions with beautiful women and move them all forward so that you can see them all directly in front of you. When you have done this, say Yes." After a couple seconds she slowly said "Yes." I said "Now, take a solid steel picture frame, and put that picture frame over those movies, so that those movies are inside that picture frame and only inside that picture frame. Now, take a powerful pneumatic wrench, and bolt that picture frame securely to the movie screen. Bolt it in. Put in some more bolts. Now that picture frame is securely anchored to the movie screen and those movies are securely restricted to only inside that picture frame. When this is true for you, say Yes." She slowly said "Yes." Then I took her out of trance.

I asked her to play movies for me again. All of them played back just as she had described before, but when I asked her to play movies of interactions with beautiful women, she smiled and said "They are only in front of me." I had her play movies in vivid detail, and then asked her how she felt. She said "I don't feel all emotionally wrapped up in it. The same with dealing with clients." I said "Now play a movie of a woman turning you down." She did and then said "Her loss." Then, with a very 'matter of fact' look on her face, she started asking me all sorts of questions about 'pick up.'

She became much more confident in talking to women, but I still had to do the initial approach and openers for us. Our sarging improved, and we would get the doggy dinner bowl look.

She was inspired to return to Internet online ads, and she met a number of women from the Internet on her own. However, she became somewhat disappointed with it. Either the woman was not attractive, or more commonly, had personality flaws. She asked me if I would be jealous or if my feelings would be hurt if she went to be with a woman alone. She said she has to have it. She has to be with a woman alone as well as bring a woman into our bed. I assured her that I was fully in support of her desires to be with a woman and that I was happy for her that she could celebrate her bisexuality. She said "Hey, it's not like I would be alone with a person of the

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opposite sex. And I don't want you to be alone with someone of the opposite sex. I would feel as if you were paying more attention to another woman than to me."

I suggested that meeting women in person is a much better idea than the Internet. She was still unable to do cold walkups on her own. She knows that I talk to women everywhere I go, so she said "If you were to find a woman for us, that would really turn me on!" I said that it may require that I spend some time with the woman before being able to warm her up to the idea of also including my girlfriend. She retracted that idea.

I explained that we would be most effective working together. That way we could both see what the woman is like before we invite her into our time, and the woman could get to know us as a couple and know the rules up front.

I told her that her and my time together is precious. Any woman should be honored to be invited into our time. We are not going to arrange our schedule around other people. Instead, we can invite people into what we have already planned together. When we are together, it is about us. What we do together is what we enjoy together. She fully agreed.

She was still of the opinion that women would know that it was a couple hitting on them for a threesome. I maintained that it would be very innocent, and if the woman is interested, she will make it known. She had a somewhat wait and see attitude.

I reviewed basic pick-up tactics with her, the importance of her using her rapport building skills and sales skills, and we agreed on a strategy. She found that women were more than delighted to meet us, and she was surprised at the positive responses. I assured her it was normal. Our sarging skills as a team greatly improved, and the following weekend we got three kiss closes and a pocket full of phone numbers. She was absolutely glowing after having had beautiful women passionately kiss her.

When my girlfriend and I go out looking for a bisexual woman for a threesome, I do the opener and begin the conversation. Then we all get into small talk. My girlfriend and the woman will exchange a few sentences and establish rapport. If the woman asks about us, I speak romantically about our relationship. Either way, I then introduce my girlfriend to the woman. They shake hands and then I introduce myself and shake the woman's hand. But then I turn her hand palm up and study the lines on her palm. She asks if I read palms. I say that I do and ask if she would like to know what hers says about her. Then I read her palm with convincing authority and run a number of patterns which make her feel good about herself, which link pleasure to me, and which establishes a bond and increased rapport. Then I get to the part in Rick H's CD where I say "That is a sign of sexual adventurism." They always laugh. As she is laughing, I say "Do you like women?" They always give me an honest answer. If they say yes, I go into Rick H's "Bi is better" pattern. Then I run his "sexual nurturing" pattern. Then, depending on where conversation goes, might go into some other patterns. By this point, the woman will have complimented me. I then say

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"Wow, I really appreciate that. That makes me feel very good. Give me a big hug!" and I open my arms wide and wait for her. When we hug I say softly into her ear "My girlfriend would really like it if you hugged her." Then she will hug my girlfriend. By now passion is in the air. We talk some more and I steer the conversation to where I can go into my "A threesome is a celebration" pattern. Then I will say "I am so glad we met you. You are a wonderful person. Give me a big hug!" When she hugs me, I slowly slide my cheek back against hers and we kiss. I let it get as passionate as she wishes, but then pull back and I say to her "My girlfriend would really like it of you were to kiss her." Then they kiss. Then my girlfriend invites her back to my place.

"Leave them better than you found them." Mark Cunningham

The Seven Chakras

I have started studying the chakras, and how they could be used to enhance the sexual experience. I purchased the books "Pocket Guide to Chakras" by Joy Gardner-Gordon, "Sexual Magic" by Margo Anand, and "Energy Medicine" by Donna Eden. Eden's book is very good.

The topic of chakras is rich in pattern raw material. And, when used to explain it to a prospective subject, makes for an excellent trance induction, i.e. 'seduce-nosis.'

Before explaining the chakras to my girlfriend, I wanted to see if she was in touch with her chakras. I did not explain the chakras to her before beginning, because I didn't want it to affect what she would see or feel. She had never heard an explanation of the chakras before. I did not use hypnosis.

I had her lay on her back on the bed. I said "There are seven chakras" and I placed my hand over each of her chakras and told her the name of each. When I placed my hand over each of her chakras, I could feel a repelling force, such as the north pole of two magnets pushing apart. But when my hand touched her skin, the repelling would go away. Then I would massage each chakra and vividly imagine that my hand was transferring energy to her. I never 'saw' any images, and I never 'felt' anything while touching her chakras.

Then I said "Now I will energize each of your chakras with energy from my hand. As I do, tell me what you experience."

I placed my hand over her pelvic bone. After a few seconds she said "Now I fell tingly in that area."

Then I placed my hand on her tummy just below her navel. She said "I feel comforting, nurturing feelings." I said "Do you see anything?" She said "No."

Then over her solar plexus. She said "I see bright yellow light, very bright. There are many forms, rays, solids." I said "Do you feel anything?" She said "No." I moved my hand away and she said "The light went away when you moved your hand. Whenever you move your hand away, whatever is there goes away."

Over her breast bone. She said "I feel a warm feeling. Very warm." I said "Do you see anything?" She said "No."

Over her throat. She said "I see a window with blue light coming through it. Now I see all blue with many bright blue stars." I waited a few seconds and she continued with "Now I see hundreds of gold chains going up in the shape of a pyramid to one large gold ring. The chains are made of bright gold links. It is against a blue background." I said "Do you hear anything?" She said "No."

Over her forehead - She said "I hear the word 'brave' over and over again." I said "Is it your voice or someone else's?" She said "I don't know." I said "Do you see anything?" She said "No." I took my hand away and I opened her third eye and I said "Now do you see anything?" She said "Nothing."

On the top of her head - She said "I am traveling down a long road with trees on either side. It is like driving, but I am not in a car." I said "Do you know where you

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are going?" She said "No. Now I am in a dark tunnel. I can see light at the end. Now I am traveling up long steep stairs." I said "Where are the stairs leading?" She said "I don't know. Now I am somewhere in space. I am looking at swirling red, orange and yellow light being sucked into a vacuum, like a whirlpool. It's as if I were to stick my arm in, it would suck me through." I said "You are safe with me as your guide. You may go anywhere you want to. Where would you like to go?" She said "I don't know." I said "Go to your future self. Go to where she is." She said "OK, I did." I said "Do you see her?" She said "I have become her." I said "Where is she?" She said "She is giving a training class in a class room at a place of work." I said "How does it feel?" She said "It feels wonderful, it gives me meaning and purpose. But it is also painful." I said "Why is that?" She said "Because I don't know how to get there." I said "Ask her memory how you are to get there." She said "I think I need more courage. I follow my dreams, but I need to have more courage."

That is just too coincidental. In fact, it is fucking freaky. I was convinced.

Then I said "Now I am going to touch you, and as I do, I will guide the pleasure up through each of your chakras." As I touched her clit, I used the other hand to massage each of her chakras, guiding the pleasure higher. She said that as the sexual pleasure went higher, it became less sexual, and more like that feeling you get when you get really good news. "That 'Oooooooh' pleasure." I did not continue to see how good the news could get, as our first chakras got the best of us and reduced us to good old-fashioned 'Western traditions.'

I did not explain the seven chakras to my girlfriend at that time, as I wanted to wait until I was finished writing my description that I was working on, and I wanted to energize her chakras one more time the following weekend with the aid of hypnosis.

The following weekend I put her into trance, and then I massaged her chakras as before. This time the first four chakras were pretty much as before, except at her womb chakra she said "I feel protected, like a big hug."

Then when I got to her throat chakra, she said "I see a tall dark colored line going from the base all the way up." When I massaged her third eye chakra, she said "I feel an overwhelming feeling of power." I anchored that for her so she could access it at any time.

Then when I got to her crown chakra, she said "I am going down a very long road, just like last time, but this road is much longer." I said "Do you know where it is going?" She said "No. Now I am floating. I am naked. Now I am in space. I see myself spinning. I don't like this." I said "You are safe with me as your guide. I am right here protecting you. You may come out of hypnosis and I can take my hand away, or you may go anywhere else you would like." She said "I am at a beach. It is sunset. But there is a large brown / black block moving in from my left." I said "You can push it away, or you can go somewhere else." She said "I moved it away. It is gone. Now I can see everything. It is beautiful. I feel as free as a bird. I feel totally light. I do not feel my body at all. It is like I do not have a body. I don't know if I am explaining this very well." I said "You are doing very good Baby." She said "I have never been this deep in

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hypnosis. Never. Not even close." Notice, she was talking to me the whole time. I said "We can visit that beach again later, but what I want you to do right now is come into the bedroom and hover above us and look down upon us. Can you do that? Can you see us?" She said "Yes, I am looking down at us. I can see us." I said "Now I want you to float down and come into my body and I want you to see yourself through my eyes. Can you do that? Can you see yourself through my eyes?" She said "Yes, I can." I said "Now I want you to feel my feelings and know how I feel about you. Can you do that? Do you feel this?" She said "I think so." I let her enjoy that for a while, and then I took her all the way out of hypnosis.

I said "How was that Baby?" She said "Oh David, it was beautiful, it was wonderful. I felt so free. I have never been that deep in hypnosis. I went in much, much, much deeper than I EVER have before! It was way beyond 'floaty,' it was as if I didn't even have a body. I was completely unaware of my body."

Then I said "Now I am going to touch you, and as I do, I will guide the pleasure up through each of your chakras." As I touched her clit, I used the other hand to massage each of her chakras, guiding the pleasure higher. I worked it all the way up to her crown chakra and told her to feel it while she is at the beach and feeling totally free. She was there. This time I continued until its cum-clusion.

Later I asked her about it, and she said that she was really at the beach, and it was very powerful and very wonderful, but she did not feel as free as if she had been when she was under hypnosis.

Then I read to her the description I had written for the seven chakras. I took some of Eden's description of the seven chakras, mixed in parts of description from the other books, and threaded in some NLP language, to produce the following description of the seven chakras.

The first chakra is the **ROOT CHAKRA**. The root chakra is our connection to the earth, the environment, and everything worldly. The energy at this center is governed by whether you received unconditional love and affection as a child. When your first chakra is strong, you feel grounded, and you feel comfortable with your body.

The base of the root chakra is like a pilot light. Its fire is sometimes called psychic heat. When the root chakra sends its force outward, it connects with the environment and with other people. It can be a bridge from one person's passions to another's.

The root chakra is associated with our tribal nature. It is an expression of the force in the universe that says "We are one."

The more civilized a culture, the more muddled the root chakra energy of its members tend to be. Many people feel a struggle because they feel that someone else owns their body, or has control over it. But people with a balanced first chakra feel natural, and feel free to celebrate their own body.

The root chakra is energetically the origin of sexual energy. Root chakra energy seeks out other root chakra energy, like the attraction of two magnets. That is the

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nature of sexual attraction. It is where yin energy is attracted to yang energy.

While sexual feelings begin with a root chakra wanting to connect with another root chakra, sexuality is best when it can embody all seven chakras. A sexual union where all seven chakras meet is a merging of the urge for passion, the urge for creativity, the urge for individuality, love, expression, expanding consciousness, and spiritual union.

The color of the root chakra is bright red, and it has a texture of silk.

The second chakra is the **WOMB CHAKRA**. While the first chakra relates to sexual desire, the second chakra relates to sexuality and sensuality. The energy here fires up those desires and gives you the enthusiasm to reach out and obtain your goals.

It is a sacred vessel of imagination and creative impulses. It holds a world full of joy, freedom, and laughter. It is a protected domain, where the creative force can flourish. It is where the boundless creativity of the universe pours into each of us.

At its center is the nurturing protected place, the essential "me," still pure, glorious, and beautiful. It is the curious part of you that has long since been forgotten, but still exists.

When a person touches you here, you feel "seen," and understood, and validated, and you may respond with "I always wanted somebody to know this part of me."

When a person touches you here, often you can remember a part of yourself you had forgotten, a particular quality of playfulness and curiosity.

It is at the second chakra that the self embraces the body. It is here where you are connected to the pure creative energies that nourish your being.

The second chakra reveals the sweetness of a person's soul before being hardened by life's tribulations.

When you meditate, you are often making contact with the energy contained in the second chakra. The second chakra is governed by faith and trust in seeing all things for what they truly are.

The woman's ovaries and uterus are in the second chakra, yet the reproductive organs of the man are located in the first chakra. This is why women are emotional and sensual, while most men are earthy and sexual, and this is why women find themselves attracted to a man that has a strongly developed second chakra over men who only have first chakra energy.

The color of the second chakra is orange, though it can include all the autumn colors.

The third chakra is the **SOLAR PLEXUS CHAKRA**. This is the center of your inner sun, and how it shines out into the world. This is the center of gut level intuition.

It is the force that maintains your individual identity, your personal ego. In these energies is formed who you are, who you want to be, and how you want to be seen.

Your third chakra is not only formed by genetic and soul level inheritances, but also how the world around you impacts your chakra. Your family, your friends, your

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culture, all impact messages here.

It is here that tensions among "Who I am" and "Who others want me to be" and "Who should I be" are continually in struggle. These conflicts begin with the earliest stages of learning.

The pure innocent energy of the second chakra moves up into the crucible of the third chakra, where it meets multiple contradictory forces. The third chakra is logical, sophisticated, doctrinaire, cunning, suspicious, and responsibility bound. The third chakra thinks more logically, intertwined with identity and the need of ego.

In our Western culture, people tend to shape an identity that differs vastly from the natural child of the second chakra.

Once the connection between the second and third chakra is opened, energy rises; knowledge about a truer, kinder, gentler self can filter up.

Western culture has glorified the ego, the third chakra, and people have lost access to recourses the other chakras provide - our flow with nature, with our primal instincts, our appreciation of our creative innocence, our love connection with nature and with others, the expression of this love, our ability to journey into expanded states of awareness, and our knowledge of our unity with the cosmos. By balancing the energies between the chakras, you have the capacity to establish a more fulfilling experience.

The color of the third chakra is yellow. It may be a mellow wheat like yellow, indicating that a person is balanced in the third chakra. When this is a bright yellow, your third chakra has a lot of energy, and when it is a bright golden color, you feel a deep connection to a person.

The fourth chakra is the HEART CHAKRA. This chakra governs your ability to give and receive unconditional love and affection.

We perceive other people through the filter of the heart chakra, making judgments according to its loving nature. Their energies move out towards others and seek a heart connection.

One of the problems in modern culture is that the heart chakra is underdeveloped in too many individuals and its principles are under respected in too many of our institutions.

But a heart chakra that is overdeveloped compared to the other chakras is also detrimental. Many people love too much. They may over identify with other people's needs that they become codependent, and ultimately no more capable of a successful relationship than a person who has a heart chakra that is shriveled.

Proper growth lies not with silencing the heart chakra, but in cultivating greater balance with the other chakras, allowing each to have its power and its vote.

Likewise, when people put up walls to protect their feelings, they close down their heart chakra. But if you allow yourself to feel all emotions, your heart chakra remains open, and capable of experiencing wonderful feelings.

The heart chakra is the middle chakra, and green is its color, the middle color of the color spectrum. Sometimes it is pink. Green depicts a lush and balanced energy.

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Emerald green in the heart chakra shows that the heart's loving energy goes out not only to others, it is also able to nurture the self. Sometimes it is a deep maroon, with a velvet like texture, in a person who has developed the ability for both universal love and intimate love.

The fifth chakra is the **THROAT CHAKRA**. This is your center of communication, and opening to spirituality. Speech and singing originate from here. Also, writing and teaching are associated with this chakra. Expression is the product of the fifth chakra.

Energies from all the chakras move through the throat chakra, like many tall chambers carrying information. All this energy and information becomes your unique expression in the world.

If a person has unbalanced energies in the fifth chakra, they either cannot speak up or they talk too much.

The colors of the throat chakra are aqua, or turquoise, or blue.

The sixth chakra is called the **THIRD EYE CHAKRA**. This is about openness to metaphysical knowledge. It relates to your higher intuition, from which all things are known.

It is a place where the sense of a separate self and identity are transcended. Here, you can travel into the past, the future, the imagined, the possible, and a world of symbols, theories, and meaning.

Via the sixth chakra, we can transcend our usual identity by gaining access to a psychic plane that crosses the dimensions of space and time. It tunes our radar to energies more subtle than our ordinary senses can perceive.

But in our Western culture, the busy conscious mind crowds out the more refined processes, such as seeing the color of energy, hearing guidance from another place, and being in telepathic rapport with others.

In Western cultures, the energy of the sixth chakra is often crowded and dense with thought. Many people have a strong third eye that is lying dormant. It is as if the eye is there, but the eyelid is closed.

The color of the sixth chakra is indigo - a combination of blue and red - a way of calming without cooling.

The seventh chakra is the **CROWN CHAKRA**. From here you feel your openness to spirit. When it is open, you will experience a fullness in your meditations. It is through the crown chakra that a person feels their oneness with the cosmos, their connection with the realm of the spirit.

People with a strong seventh chakra may have fascinating encounters with other realms, but it is important to balance this energy with the grounding that comes from the first three chakras.

Seventh chakra opening can totally engulf you. Crown chakra experiences can pull you right out the top of your head. But when you do, you feel a mystical oneness with everyone and everything in nature. You don't get intellectual answers, but you get an absolute peace and joy about life, and you know there is reason and rhyme in all

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things under heaven.

The color of the crown chakra is violet.

(For a diagram showing the seven chakras, see www.davidshade.com/support/)

After I read the description of the seven chakras to my girlfriend, she was speechless.

The following weekend I used hypnosis while I massaged her chakras. This is the first time I was able to get her orgasm to go up farther than her fourth chakra. Over a period of about an hour, it did go all the way up...

I had her lay on the bed, and I put her under. I placed my hand on her pelvic bone and I said "Feel the tingling of sexual energy begin in your toes. Feel the tingling move into your feet. Feel the tingling move up your legs. When the tingling converges in your first chakra, you will continue to breathe normally, and you will continue to remain completely relaxed, and you will experience a very powerful orgasm in your first chakra."

I slowly guided her orgasm into each higher chakra. At each chakra I asked her to tell me what she was experiencing. However, she was not very conversational, so I reverted to just checking in to see how she was doing with questions that could be answered with a simple yes or no.

I brought her orgasm all the way into her seventh chakra and had her enjoy that for a time. Then I took the orgasm back down through all the chakras to ground her again, and then I told her to stop. Then I took her all the way out of hypnosis.

Later I asked her for a detailed account of what she experienced, and she said...

"At the first chakra, it was a purely sexual orgasm. Whenever you said to feel it, it became more intense and spread out more.

"When you moved your hand to my second chakra, the orgasmic pleasure moved into that area. I felt deep feelings and emotions. A deeper feeling like sex with love, feeling protected and nurtured. It was a comforting pleasure, more than sexual, like a tender hug.

"In the third chakra I saw bright streams of yellow and gold light. They were orgasmic streams of light. And that kept the path open for the pleasure to move up into the other chakras, to join with other parts of my chakras.

"In the fourth chakra I saw deep red, very vivid and deep liquid red. The orgasmic pleasure spread up and out.

"It took work to move the pleasure up into the fifth chakra. It was not instantaneous like the other chakras. The energy had to learn how to move to the fifth chakra. When it did move up, I saw three or four lights that shined up towards one converging light, a whitish color. The top was bright white. The light was a manifestation of the orgasmic pleasure. This time it was able to pass through like it wanted to pass through to the higher chakras. At this point the extreme sexual pleasure was taking over my whole body.

"When you moved your hand up to my sixth chakra, I saw deep purplish blue

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light. The orgasm became very strong, like it was in control of all the pleasure. I was totally consumed by orgasmic delight. It was still sexual, but it was starting to also become spiritual because it knew that it was on its way into the seventh chakra.

"In the seventh chakra I was feeling weightless in space. Everything material was non-existent. I was spinning freely. The orgasm became an entity of emotions, feelings, and pleasure that went into the universe. I was in a ball of energy that was spinning in space in a delightful easy free way. It was not my physical self, but all of my energies, feelings, and emotions. It was the most free you could ever feel. The pleasure was no longer a sexual pleasure, but a spiritual pleasure. My energy was like a salmon color, a pinky orange, inside a black universe. I saw millions of small bright stars. I felt like the center of the universe, because the pink ball of energy was the whole universe. The orgasm was completely different. It was the next step beyond an orgasm. The pleasure was more intense. Your emotions and your feelings are experiencing the orgasm without any physical interference. It is more of a release. It releases sexual energy into the universe. It is a great thing. It was more than an orgasm. It was beyond orgasm."

I did some more reading on the seven chakras. Most books say that the first six chakras go out the front of the body, while the seventh chakra goes out the top of the head. They are all pretty much in agreement there. One book said that the first chakra goes straight down, not forward. Some of the books said that the chakras also go out the back, at least for the first six chakras. But for the seventh chakra, the "back" side of it does not go down into the head, but instead, it goes into some higher dimension. I thought "ok."

I decided to see if my girlfriend had chakras going out her back. I had her lay on her stomach, and as before, I energized her chakras, but this time, along her back at what appeared to me would be the proper locations of the back side of her chakras. The results were less than impressive. Basically, I had no luck with the back side of her chakras.

According to the books, each of the chakras have seven layers, where each layer can rotate independently in either a clockwise or counter-clockwise direction, at a frequency of between a few Hertz to a few kilohertz. When a layer spins clockwise, it gives energy, like giving energy to another person, or giving good energy to herself. When a layer spins counter-clockwise, it takes energy, either from another person, or bad energy inside herself that must be released.

Which frame of reference is clockwise? Take a clock and place it on your chest, so that people looking at you can read the time, and that is clockwise.

So I again employed my subject, stomach up this time, and hypnotized her and then charged up her chakras one at a time. At each chakra, I rotated my hand in a counter-clockwise direction above her chakra while I told her that I was helping her to take away any bad energy. Then I rotated my hand in a clockwise direction and told her that I was charging up her energies with good energy. This time the results were more impressive. She felt very good and all charged up. Interestingly, this was the first

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time she actually heard her chakras. She said she heard two of her chakras spinning. In her third chakra, she heard it "whirling," like it was spinning very fast. In her first chakra, she heard it going "zoom, zoom," as if it were going slow around the bottom and fast around the top, like an elliptical orbit.

The following week, I hypnotized her and I did the welcomed method on her, and she was getting pretty close. She wanted the pleasure to continue, so she told me to tell her to relax. In other words, she wanted me to hypnotize her, before she came. (She has made this request on a number of occasions.) I gave her the two-word instant re-induction trigger, and she instantly became relaxed. I continued soothing her with my voice, but at the same time, still doing the welcomed method.

I told her to feel the tingling in her root chakra. After she felt that for a while, I told her to feel that warm hug in her womb chakra. Then I told her to see that bright yellow sun in her solar plexus chakra. Then to feel the warmth in her heart chakra. Then to see the pleasure passing up through the channels of her throat chakra. Then to see the pleasure in her third eye. Then I told her to feel the pleasure pass up and out her crown chakra.

At this point, she became completely still and motionless. I couldn't even see her breathing. I continued telling her to concentrate on her awareness of her pleasure above her crown chakra, while I continued doing the welcomed method.

I continued this for about 10 minutes. Then I told her to come. She remained completely motionless. I continued encouraging her to keep coming and to concentrate on her awareness of her orgasm above her crown chakra.

This continued for another 10 minutes. Then I told her to stop coming. I brought her awareness back down through her chakras to ground her, and then I took her all the way out of hypnosis.

After she opened her eyes, and came all the way back to reality, I asked her what it was like. She said: "It was indescribable. It was like there was only pleasure. I was totally unaware of my physical self. It was beyond pleasure."

Hypnosis + Energy = Beyond pleasure

"Energy follows thought." Mark Cunningham

Assorted Tips

Taoist Thrusting:

I cannot say enough about Taoist Thrusting, which my friend The Hypnotist (Toronto) told me about. You absolutely need to be doing this.

When you enter her, slowly slide all the way in, then pull almost all the way out, and stop. Count 9 short strokes of an inch and a half penetration, then one long stroke. Then count 8 short and two long. Then 7 and three, and so on, until you do 1 short and 9 long. Then start over again. Be sure not to pull out so far as to lose the vacuum.

It's called "The Nine Steps of the Taoist Thrust Method." Its origin is in ancient Taoist sexuality. It was further refined by the seventh-century physician Li Tung-hsuan Tzu. It will drive her crazy. Even works in anal.

The body of the clitoris:

Mark once said that the clitoris is much longer than commonly thought. I checked the anatomy books, and it is true. It appears that the tip of the clitoris is just the tip of the iceberg. The body of the clitoris extends down in a V shape to either side of the urethra and opening of the vagina, just under the labia.

So I headed into the love lab to test it on my willing subject. As she laid on her back, I placed the fingers of my hand over her labia, with my palm towards her pelvic bone. I used my ring finger and middle finger to spread her labia open. I held the tips of my two fingers a little more than an inch apart, basically to either side of the opening of the vagina, as I lightly pressed the pads of my fingers against her skin under her labia and slid my hand up and down. This put pressure on the skin over the body of the clitoris. It is best when used with a little Astroglide lubricant. She said "That is an entirely new sensation! Nobody has ever touched me like that. Don't stop!" And she had a very powerful orgasm.

She has requested it many times since then. It gives her a very powerful orgasm which she says is a blend of a clitoral orgasm and a vaginal orgasm. For a diagram, see www.davidshade.com/support/

Anal beads:

You may remember "Slide in the back door." Well, I have created an anal stimulation craving monster. She suggested that I order some anal beads. I took her to a local adult store and let her pick some out. Here's what you do: As she rubs her clit, you push the beads in one at a time and then slowly pop them back out one at a time, and then push them back in. Then, when she comes, you slowly pull them all out at once. That makes her orgasm much more powerful.

Cunnilingus:

After you lick her to the point where she is very aroused, then you suck her clit into your lips. Then hum while sucking her clit in and out of your lips. Drives 'em wild!

The "Nip it in the bud" technique

My girlfriend told me about a technique that one of her ex-boyfriends used to do to her, and she asked me if I would do it to her. She explained it as follows: You hold the entire length of the hood of the clitoris between your thumb and forefinger and slide it up towards the patch and down towards the vagina."

I did the technique on her. I held her labia open with the thumb and forefinger of my left hand, and then I placed the thumb and forefinger of my right hand on either side of the hood of her clit and I held as much of it between my fingers as I could gather. I used half inch strokes in a direction up towards her patch and down towards her vagina. I could feel the length of the clit slide up and down inside of the hood of the clit. This felt incredible for her and gave her a powerful orgasm. I jokingly said "Instead of calling it the 'John technique,' we'll call it the 'nip it in the bud' technique." She chuckled and agreed.

On later occasions, I would move my thumb up while moving my forefinger down, and then the thumb down and the forefinger up. It is kind of like rotating the hood of the clit around the length of the clit. This felt even better for her.

Then the next time we were together, I got her clit really excited and pressed my thumb and forefinger down hard in order to grab as much of the hood of her clit as I could. When she is really excited, her clit can actually take being handled more aggressively. This time I pulled the hood up in a direction away from her body and then down towards her body. She instantly loved that and said "Oh Yes! That feels as if I have a cock and it is getting jacked off!" Of course, this sent her ballistic and gave her a spectacular orgasm.

The ultimate vibrator:

The Beyond 2000 Plus Vibrator does everything. Do a search on the web for Beyond 2000 Plus.

Also the remote control egg. Do a search on the web for remote control egg.

"They're just girls." Mark Cunningham

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Viagra Field Test Report

First a disclaimer: I am not a doctor, and I do not give medical advice. Always consult your doctor before taking any medication. This field test report is in no way medical advice. It is only a narrative of my personal experience. For more reading, go to viagra.com.

Ok, on with the field test...

I've heard stories about Viagra. Hue Hefner pops them like candy. Rick '5 in bed' H. said in "Banging Bisexual Babes" that the only way he was able to do all 5 women was to take Viagra. "Two women, no problem. Three women, that's stretching it. But 5? I'm not Superman, I took Viagra." On a local morning radio talk show, the DJ asked men to call in about their experiences with Viagra. One young recently married man called in and said his wife had awakened him at 5:00 AM and insisted that he take a Viagra, because, he said, "She's a monster." Now, at 9:00 AM, he's driving around, unable to go to work, because he has "a raging boner." The DJ suggested he duct tape it to his abdomen.

At a recent visit to my doctor, I asked my doctor for a prescription for Viagra. He wrote one out for 100mg pills. (I'm 46, so it's not unusual.) I promptly went to the pharmacy and had the prescription filled.

My girlfriend was going to be staying at my place that night because she had a meeting in my town the next day. I called her up and told her about my new purchase. She insisted that we 'field test' it that night. She would be arriving at 10:00 PM.

Viagra starts working in about 30 to 45 minutes, and lasts for about 4 hours. At about 9:00 PM, I reached for the bottle of purple pills. As I was taking out a pill, I saw a warning on the label that read "discontinue use if results in painfully rigid erections." I immediately cut the pill into 4 parts.

I popped 25mg and then sat on the couch and waited. Within a few minutes my face felt a little hot and flush, but otherwise nothing. 45 minutes went by. Nothing. No raging boner. I took another 25 mg.

When my girlfriend arrived, I reported the lack of effect. She said that it probably doesn't work unless there is sexual stimulation, and that we were to now go into the bedroom. She had no problem causing an effect. Everything went very well, but otherwise unremarkable.

But it was afterwards when things were different. It didn't go down! It was stuck! "Oh no, I'm gonna need duct tape!" All I could think about was that label warning. Fortunately, however, it did return to its usual aloof self. I felt a lot better.

But I began to wonder, what is the use of something that just keeps you hard for a while afterwards? My girlfriend suggested that it might allow a man to get it up again, and she tested her theory by applying a little digital stimulation. Wouldn't you know it, Willy the one eyed wonder worm sprang back into action! So we banged that one down too. This time it did not stay up as long afterwards.

I thought this was pretty neat, and wondered how many times this could work.

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This time my girlfriend applied a little oral stimulation, and we were back at it yet again! I'm 23 again! Afterwards, she said that I wore her out and that it was time to sleep.

The viagra.com web site says that it works even better the second or third time. The following weekend, after my girlfriend and I returned home from going out dancing, I took another half pill, 50mg. This time the helmeted gladiator was at attention for 3 hours solid! There was no orifice left unfucked. It could have gone longer, but by then the crotch cannon was shooting blanks and my girlfriend was worn out.

My girlfriend read on one of the web sites that Viagra actually lasts 6 hours. I think it is even longer than that. In the morning I woke up in a tent and walked around for a half hour looking somewhat like a ring toss game. My girlfriend, being a morning person, put that thing to good use, and then I was able to continue with a normal day.

I eventually reduced my use to 25mg, and everything worked fine. It is certainly enough to insure a continuously turgid pet snake. I have found that Viagra does not increase the number of orgasms, except for the fact that it keeps you harder longer. Viagra does not change the sensitivity. Viagra only keeps you harder longer, and more often.

Viagra rocks! Pfizer, I salute you.

"Nature's pride, fresh and fair, and unacquainted with the miracle of physical love. Her beauty was not made of shapes and forms, but shined from within like the stars." Don Juan DeMarco

The Nipple Orgasm

A few years ago I was dating a 33 year old woman who had the most incredible plump perky breasts. But best of all, she had extremely sensitive nipples. She said to me "Whatever you do, don't suck my nipples." I said "Why is that?" She said "Because it'll make me come." I said "Is that so?" She said "Oh yeah!" So what did I do? I sucked her nipples. And after about a minute of that, she came! Very cool.

But for most women, sucking her nipples will server to make her feel very good, get her aroused, lift her spirits, and titillate that direct connection to "down there," but it won't by itself make her come. So was the case with my girlfriend, until recently...

I was determined to give her nipples the power to make her come. It would be a multi-step process.

First I anchored her orgasms to stimulation of her nipples. While rubbing her clit, I would then start sucking one of her nipples, and the stimulation of her nipples would be linked to her orgasm.

Next I used hypnosis. I hypnotized her, and while she was under, I said "Your nipples are very sensitive, and they are very responsive to my touch. In fact, they are beginning to become very excited just thinking about me touching your nipples. Your nipples are so sensitive, and so responsive to my touch, that my stimulation of your nipples alone will be enough to make you come." Then I began to stimulate her nipples, and continued the script, until she had an orgasm. Then she was a believer that her nipples alone could be enough to give her an orgasm.

Next I started anchoring exciting and/or taboo sex to stimulation of her nipples. One late night I took her out onto her back deck and started making out hard with her, where any of the neighbors could see (though they were all asleep by then.) That was very exciting for her. Then I went in and started massaging her nipples while telling her that it makes her feel very naughty to be so turned on, right there, out on the back deck where anyone could see. Then I pulled her shirt up and started sucking like mad. The whole thing got her so excited that she came.

Next I made a big deal of her nipples and how exciting they are to her. I took her to an "adult toy" store and had her pick out a pair of nipple clamps. Once in the bedroom, I applied the clamps to her nipples and then proceeded to make that part of our hot sex. She loved it.

Then I employed her innate hominess. When I returned from a long business trip, my girlfriend was understandably super responsive to me. Once in the bedroom, I started sucking her nipples. The excitement after the long separation was enough to make her come very quickly.

Lastly, I reinforced it all by simply telling her that my stimulation of her nipples would make her come. While making out with her and then getting her excited with dirty talk, I squeezed and sucked her nipples and told her that it would make her come. It did.

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She is now consistently responsive to my stimulation of her nipples, and it serves to make her come every time.

"What would you do differently if your life were actually happening Right Now?" John La Valle

The 10 Count to Orgasm

My good friend (who wishes only to be referred to as "J") told me the following amazing story after reading my book:

Recently I had a one night sexual encounter with a woman, and we both understood the time limitations. I didn't want to complicate the fleeting relationship with talk of trance, hypnosis, or a formal induction. Whilst she was highly aroused (and naturally tranced after having already orgasmed a couple of times) I told her to imagine a warm wet tongue on her clitoris, to let the sensations and her clitoris grow (it did) and flow through her body, for her body to BECOME her clitoris, and for her pleasure to flow back to the tongue sharing mutual enjoyment, and for her to enjoy her sensual generosity. I then said that we would count to 10 together (thus getting her commitment) and that at "10" she would orgasm immediately, intensely, and that her orgasm would last as long as she wanted. Watching her getting more aroused and nearer to orgasm with each breath/count was fascinating, and fucking horny! It worked perfectly, and she came very hard and very long. She was amazed at her own sexual capabilities, and she made her gratitude obvious for the next couple of hours. Excellent. In that instance she WANTED to come. I guess her inhibitions (critical factor?) had been dismissed. Did she agree? Enthusiastic "Yes!" Physically and consciously involving her in the process by asking her to agree and to count with me was significant I suspect - agreement and commitment.

Thank you "J" for that wonderful story. I have field tested this, and it works great! I also did it after my girlfriend had come a couple times. We counted together, and I agree it is very exciting watching her get closer as each number passed, and then to actually watch her come on 10. Then, when we were "doing it" I told her that in 5 pumps she would come, and then I counted off the 5, and she did! I love it! Brilliant! I now do this ALL the time.

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"Don't lust for results. Don't let success distract you. Do the fucking exercises!"
Mark Cunningham

Now She Loves to Go Down

Within the pages of this chapter, I am going to describe to you the most ingenious, mischievous, devious idea I have ever heard. This was told to me some time ago by the ingenious man who created it, Mr. Mark Cunningham. By his permission, you shall now become privy to this idea.

One night when my girlfriend was over, and the evening's activities moved into the bedroom, I instructed her to disrobe and lay on the bed. Then I tied her up, which I do on rare occasions for affect for specific purposes. After she had realized for a couple moments just how very helpless she was to me, I softly said to her, "You love to surrender yourself completely to me, don't you Baby?" She said "Yes." I said "And you do understand that your true fulfillment lay in your being completely responsive to me, isn't that right Baby?" She said "Oh yes." Then I began sucking her nipples, and continued until she had an orgasm.

After she rested, I softly said to her "You enjoy pleasing me by demonstrating to me how very responsive you are to me, isn't that right Baby?" She softly said "Yes." Then I said to her "You will now demonstrate to me just how responsive you are to me by showing me how good you can come when you count to 10. Now count to 10, and come very hard for me." She slowly counted off, and right on 10 she had another orgasm.

I said "Oh Baby, that makes me feel so close to you. I love how you are so responsive to me" and I kissed her. Then I pulled back and said to her "Baby, remember when you have said to me how when you kiss me, it makes your clit hard?" She said "Oh yes." I said "That is one thing I admire so much about you, is how you are such a sensual woman. That is very exciting. And one thing that is true for very sensual women is that they have very sensitive sensual lips. In fact, for a very sensual woman, all of her sensual areas are very interrelated and very responsive. For example, notice how when I softly touch your lips with my finger like this, your lips begin to become sensitive, and as they become sensitive, you can actually feel your clitoris become excited, because you are so very sensual, isn't that right Baby?" She softly said "Yes." I said "As I continue to lightly stroke your lips, your lips become even more sensitive. The more sensitive your lips become, the more you feel it in your clit. The more excited your clit becomes, the more sensitive your lips become." I continued this loop, over and over, as I stroked her lips. I said "Oh yes Baby, feel it in your clit! Feel your clit getting more and more excited. Feel the sensation in your clit!" Then it happened, she had an orgasm.

Then I untied her and she wrapped her arms around me and held me tightly. Then I whispered into her ear, "I know how much pleasure you get from making my skin so very sensitive and so very excited, isn't that right Baby?" She said "Oh yes." I said "It will be extremely exciting for you to feel my skin become very sensitive and excited against your very sensitive sensual lips." She said "Oh yes Baby." I said "You know how much pleasure you give me when you suck me. As you feel my skin draw

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tight and become excited, your lips will become even more excited. And as you feel my pleasure increasing against your lips, you will feel your own pleasure increasing." I slid up a little bit and then she slid down and took me into her mouth. I continued the suggestions, to the best of my distracted ability, "Feel my pleasure against your sensitive lips. Feel the pleasure in your lips increasing. Feel it in your clit! Feel it in your clit!" She went at it with a determination as if trying to make herself come, and then she did! She had an orgasm!

Later in the evening she told me "That was the most erotic sensual thing I have ever done." Interestingly, she has since often insisted on doing it again.

The idea as first told to me by Mark was much more involved, far more powerful in terms of obtaining gleeful cooperation, and capable of quickly producing massive responsiveness. I understand that Mark has since further refined it with a reframe on "giving" that builds in a powerful propulsion mechanism. He teaches it, and many other Cool Advanced Techniques at his "Building a Better Lover" seminar. See store.yahoo.com/trucor for online products and seminar registrations.

I've been having all sorts of fun with this. Often. And then a few weeks later, on a Saturday night, my girlfriend and I made a date to go out to a very nice restaurant on the outskirts of town overlooking a lake. When I arrived at her house, we sat on the sofa and talked, as we usually do. Sometimes I hypnotize her before we go out. She is always more than happy, and never knows what to expect.

I put her in very deeply, and then said to her "Even as you are very relaxed, you can continue to breath normally, and as you remain completely relaxed, you can have an orgasm. Continue to breath normally and Come like a Good girl as you continue to remain completely relaxed."

While she is having an extended relaxed orgasm under hypnosis, she has absolutely no recollection of what I say to her. I then addressed her subconscious mind. "I am now speaking to the subconscious mind. Subconscious mind, you and I have very deep rapport. Together, we make her feel wonderful pleasure. As she continues to enjoy that wonderful orgasm, please continue to keep her body very relaxed and continue to keep her breathing and heart rate normal. Subconscious mind, tonight, whenever I kiss her, she will be reminded of how sensitive and responsive her lips are to me. And as she remembers how sensitive and responsive her lips are to me, she will be reminded of just how much pleasure she derives from pleasing me with her very sensitive and responsive lips. Tonight, whenever I kiss her, she will instantly and powerfully be reminded of the pleasure she derives from pleasing me." Then I thanked her subconscious mind, told her to stop having her orgasm, did some BaBGF stuff, and then took her back out.

She had a big smile. She somewhat remembered her orgasm, but had no idea what I said to her. I suggested we leave for the restaurant. Before we left through the front door, we hugged, and then I kissed her. She had a 'naughty little girl' smile on her face, and we went to my car to drive to the restaurant.

It was a very nice restaurant, and we had a wonderful dinner and close

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conversation. After dinner I suggested that we have a seat at the bar for a while where we could better hear the piano player. We sat closely together and enjoyed conversation. Then I said to her "Baby, I cannot keep my eyes off of your beautiful full lips. You do know how much I adore kissing you?" She leaned in and kissed me. Then she looked at me with a very mischievous smile. It appeared to be working. She said "Would you like to go now?" Yep, it was working.

When we got into my car, I looked at her, and then leaned over and kissed her. We began kissing passionately. Then I looked at her lips. She had a very longing look on her face. I said "Baby, I have been thinking so much about how wonderful your lips feel, how incredible your lips make me feel." She just continued to look longingly, but did not take any initiative. I looked around the parking lot, hoping she would take the hint. She looked around and said "Somebody will see us." I said "No, nobody will see us, it is dark, and I will tell you if someone is coming." (The bad NLP was on purpose, to give it the sense of danger.) She took the hint and proceeded to again enjoy her new way of enjoying an orgasm.

"If you think you can or you think you can't, you're right." Henry Ford

Sequential Training

There have been many chapters about many things you can help a woman to experience. It is possible to let her experience most of these pleasures in just a few sessions. This chapter serves to encapsulate and summarize the steps to get her to experience those things in as few sessions as possible. In this sequence, you train her for a new skill every night, which will be required for the next night. Each night you sequentially train her for greater responsiveness and higher levels of pleasure. This is a recipe, a suggestion.

Step 1. Close the seduction, and introduce the deep spot.

On the first night, when you are rounding 'third base,' take some time to massage the front of her deep spot. This will surprise her how good digital stimulation can feel. But don't make her come! Get her really close, and then slap on the condom and consummate the relationship. Then spend quality time with pillow talk. When she is ready again, massage the back of her deep spot. This will give her a very deep and powerful vaginal orgasm. When she comes, say "Come Now!" to plant an anchor to your voice. (See "The deep spot.")

Step 2. Train her to come ONLY when you say to.

The second night she will feel more comfortable with you and more open to new things. Bring Astro Glide and do the welcomed method of stimulating her clitoris. This will really surprise her how good direct clitoral stimulation can feel. But don't drive hard for the orgasm; instead tell her to relax and breathe normally so that she will enjoy it more. She will comply with your commands, because it will feel so good that she won't want to come. If she does get too close, let off a little and insist that she relax. Talk to her in a soothing hypnotic voice. Tell her that she will come when you tell her to. After she has been close for a long while, then you drive hard, and right before she comes you tell her to "Come Now!" Continue saying it as she comes. This will set a powerful anchor to your voice command. After she has enjoyed the clitoral orgasm of her life, she is going to impale herself upon you. (See "The welcomed method.")

Step 3. Train her to come WHEN you say to.

By the third night, you should have sufficient trust to hypnotize her. Talk to her in the same soothing hypnotic voice you used the previous night, and put her under and let her feel how good trance feels. Then take her out. This serves to build trust as well as to fractionate. If she responds well, you offer to put her under again. Then you put her under and train her such that whenever you say "Come Now" she will instantly have an orgasm. Do this at least 3 times under hypnosis. Then take her out of hypnosis and have all sorts of fun with your new command. Fire it off many times during intercourse. (See "Instant orgasm on command" and "A complete script.")

Step 4. Train her to come FOR AS LONG as you say to.

On the forth night, hypnotize her and tell her that she will remain relaxed, and she will continue to breathe normally, and she will continue to come until you say "Stop." Then tell her to "Come Now." Continue to encourage her through it. She

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should be able to come for many minutes, while still breathing normally, without any stimulation whatsoever. Cap the evening off with some Taoist Thrusting. (See "Like in a dream" and "Time distortion" and Taoist Thrusting in "Assorted Tips.")

Step 5. Train her to come for an HOUR

On the fifth night, you do ESO. Hypnotize her and tell her to remain completely relaxed and tell her to "Come Now." Then start doing the welcomed method of clitoral stimulation. Do that for about 15 minutes, and then move to the front of her deep spot. Do that for about 20 minutes, and then move to the back of her deep spot. That should be good for at least another 30 minutes. Be sure to stop if she starts leveling off. When she is done, she will be mentally and physically exhausted. Be very supportive. hehe. (See "The One Hour Come.")

Step 6. Train her to enjoy anal sex

By now, your woman will be wildly happy, and more than happy to do anything for you, including anal sex. Anchor anal stimulation to her orgasm by sliding your finger into her ass when you make her come. The following night narrate a fantasy into her ear as you drive your finger in and out of her ass until she has an orgasm. The following night, get her really hot, and then have her experience a hole new way to have an orgasm. (See "Slip in the Back Door" and "Slide in the Back Door.")

Step 7. Train her nipples to give her orgasms

Use the multi-step process I outlined, and give her nipples the power to make her come. (See "The Nipple Orgasm.")

Step 8. Train her to come on the count of 10

This is such a powerful alternative to the instant orgasm on command. It greatly increases her responsiveness to you. (See "The 10 Count to Orgasm.")

Step 9. Train her to orgasm by going down

By now, she should be so happy that she is sucking you dry. Give her some added incentive and make it even more rewarding for her. Train her lips to give her an orgasm when she gives you head. (See "Now She Loves to Go Down.")

Step 10. Train her to squirt

Teach her to push and to do her Kegal exercises. It may take several nights before she can squirt across the room. (See "Learning to squirt.")

Step 11. Train her chakras

Train her to bring her orgasm into the cosmos. This is some really really advanced shit man, but when you can truly visualize the energy and believe in it, it is easy. It will give her an orgasm that can only be described as 'beyond orgasm.' (See "The Seven Chakras.")

Always remember:

Be 'aware' of her at all times, in all meanings of the term. Use what information she provides you.

Allow her to pleasantly surprise you with her own ideas.

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"I had learned to love in a thousand ways. Each one a lesson in the soul of a woman. I knew I would miss every one of them. They stolen my spirit and infused me with joy." Don Juan DeMarco

The Elroy Pattern

Recently on Mindlist, a woman asked for information about hypnosis and if it could be used for sexual pleasure. Elroy Carter posted a reply, which is a brilliant pattern for explaining our favorite topic to a prospective subject. (You can read Elroy's many posts about NLP on the Mindlist egroup at Yahoo.) The Elroy Induction is sensory rich with lots of embedded commands. I have reworked it somewhat, and I asked Elroy if I could copy it here.

(Apply embedded commands and pauses as necessary...) Hypnosis can be used in a number of ways to increase sexual pleasure.

First of all, hypnosis is a great way to relax. You can just turn off the busy chatter in your head, and ignore any external distractions. It can help you to shed any self consciousness, such that you can be your true self, allowing you to turn your awareness inside, and concentrate completely on your pleasure.

Hypnosis can be used to vividly relive the excitement of prior experiences of sexual desire, and amplify them. This happens a lot naturally, and hypnosis is just a way for you to do this deliberately. Sex is so much better when you are 'in the mood', and the stronger that mood becomes, the more pleasure you feel. When you can take your levels of desire and make them grow stronger, more real, you will find yourself experiencing even more pleasure than before.

Another way is to use hypnosis to heighten your senses, such as to increase the sensitivity of your skin. You may remember times when you had exquisitely heightened senses, where every touch seemed electric, where you could see the texture of your lover's skin, be filled with your lover's scent, and utterly luxuriate in their caress. Using hypnosis, these feelings get even stronger, and you greatly increase your own pleasure.

Yet another way is to generalize sexual pleasure. When you can take the specific pleasure that you feel, and let it begin to spread all throughout your body. And the more you relax, and surrender to the pleasure, giving yourself over to it completely, the more you begin to feel it consume your entire body, to where every nerve in your body is singing with delight.

Your pleasure may increase so much that the input of one sense transforms to become the input of another. You might see bright colors when you hear your lover's voice. You may feel sensations when you smell your lover's skin. It is a naturally occurring phenomenon when you can take sensations of pleasure and allow them to transform into colors, which can turn back into textures with flows and movements of their own. You can allow the sounds that you hear become feelings that resonate and pulse inside you, and back out to become colors that transform yet again.

Actually, many women do this by themselves, without hypnosis training. In effect, you could say that they are hypnotizing themselves, by allowing themselves to focus so firmly and intensely on their own fantasies that they can literally feel the sensations that they are imagining, and the more they focus, the better it gets. Knowing

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what it's like to have a powerful fantasy, and knowing of times thinking about something over and over again, the details and feelings grow more powerful with each pass.

"Be it real or feigned, her sleep tells the intelligent lover of an adored object that he is unworthy to enjoy her the moment he begins to wonder if he may or may not take advantage of it." Giacomo Casanova

What Women Must Have

"Passion"

Ross recommends that we read "A Passion for More" by Susan Shapiro Barash, c 2001 Berkeley Hills Books, ISBN 1-893163-24-5. It is an outstanding book that includes the interviews of 57 women who had extra marital affairs.

Every woman had something missing in her marriage. Each woman filled the missing need by taking a lover. Some of the women felt guilt about it, but most did not. In all cases, the women were happy they did it, as it ultimately led her to greater enlightenment and fulfillment.

For almost all the women, they had much better sex with their lover than with their husband. For a few, the sex was better with the husband. In all cases, the woman's thoughts were consumed with the man that she had the most exciting sex.

For some women, she had great sex with the man because she felt close to him. But for most of the women, she became close to him because she had great sex with him.

One could conclude from this book that a woman has four basic needs that must be met: 1) affirmation, 2) sharing, 3) to feel like a woman, and 4) exciting sex. 1) Affirmation, in that she needs to feel appreciated and respected for the individual that she is. She needs to know that she is supported in her endeavors. 2) Sharing, in that she has the need to share her feelings with her man and to receive the sharing from her man. She needs to be able to "communicate" emotionally with her man and to feel that "emotional connection." 3) Feel like a woman, in that she needs to feel beautiful, sexy, and feminine. She needs to enjoy all that comes with being a woman. 4) Exciting Sex, in that she needs to be seduced, excited, and satisfied, over and over again. She needs to experience new things, in new ways, including fantasies and roles.

As I was reading this book, I thought to myself many times: "Major Mark told us exactly that in his book 'Scoring with Married Women.' In fact, it showed that every single word he wrote is absolutely true. You would understand if you had read both books.

I have taken a few quotes from "A Passion for More" to give you a flavor for the book. Because these are very minimal quotes, they are thus by definition taken out of context. Certainly, each woman's situation was more involved. But it gives you an idea...

Honey: "The affair awakened me sexually. I felt more uninhibited with my lover than with my husband. We had anal sex. He was a superb lover. I could have multiple orgasms with him, which wasn't happening in my marriage at the time. I was obsessed with him when he wasn't around, although we were together a few days a week."

Kristen: "I needed him to be there to hug me and to tell me it was okay. I knew all along that this man wasn't what I wanted. But if sex was what it took, that was fine. I had to get by. The sex was all right, but nothing special. I let this one end fairly

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quickly."

Lucy: "The sex was excellent because he was so skilled. It was a learning experience for me. At first I slept with both my husband and this man; eventually I had sex only with my lover. It was hot. We had sex every possible way. For almost a year there was an intense, hot situation. The sex was wild and continual."

Sandy: "It was a wonderful sexual and emotional union and I never felt guilty. My lover adored me. He thought I was beautiful and gave me everything I wanted. The sex was loving and gentle but also uninhibited and open. We'd have sex everywhere. We did it in restaurants, in the back of the movie theatre. Wherever we were, we did it. If we went away, we'd do it on a mountain cliff, in the beach, in the car all the time, in the buggy ride in the city."

Hanna: "The sex was very exciting in the beginning. I'd see him daily sometimes, other times a few days a week, so there was lots of sex. Because he accepted me, I was able to play out sexual fantasies. The fantasies were things I would have done with my husband if he'd been willing. But with my lover there was no question that he was willing. My relationship with my lover made me see myself as a whole person and I rejected my husband's needs. My lover was reinforcing. He made me feel beautiful."

Rebecca: "Sex with my lover was very different than with my husband. Now I think of my lover as very handsome, but in the beginning my husband seemed handsomer."

Marsha: "I'd see him once a week, and we'd dance and have sex. It was incredible beyond my wildest imaginings. It became an obsession. If I couldn't see him, I'd flip. We went right to his place and made passionate love. The sex was like nothing you could ever imagine."

Maryanne: "As soon as we began the affair, I began to feel good about myself. Mostly it was the sex. We share an incredible sex life."

Marla: "The affair began during a bad point in my marriage. I suppose I became obsessed after a time. The sex was great. It was the best I've ever had. We did everything. We did it against the washer and dryer. The sex was beyond belief. The best in the world. We did it on the train tracks, we did it in bars. He would masturbate me at a crowded bar. We did it in the Tavern, in the ladies room. It was wild and highly sexual."

Julie: "The sex was hot and heavy, very passionate. I was told I was sexy, beautiful, and smart. I felt like a woman again. I began to realize that I needed a lot from a man that I wasn't getting from my husband. Intimacy, communication, sex - I got it all from my lover. I began to identify myself as a sexual being; that was a big deal to me. And I loved the glamour of it, not just being a housewife and a mom, but having a lover with a secret world. We fulfilled each other's fantasies for a long time."

Karen: "The sex in this affair is what keeps it going. It is the most amazing ever. Whenever I've been with a lover, I've had sex that goes on and on, but nothing like this. I have noticed the difference between clitoral orgasm and a vaginal orgasm."

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The sex with my latest lover is in a class by itself. I know the volume of orgasms is much greater with my lover than with my husband. I can't describe it. I do things with my lover that I'd never do with my husband, never. We try everything, we did it eight and ten times a night. I think of him when I'm having sex with my husband. I think about him a lot of the time."

Chelsea: "We had a lot of sex. The sex was very different from the marriage. Sex in my marriage stunk by them. It was weird how willing my lover was to try anything and so was I. It was a completely different experience. I found myself doing sexual things I never expected to do."

Robin: "While sex with my husband has always been fine, it was not great. With my lover, it's so incredible it's hard to give up. Then the sex became wild and crazy. We did it every way possible, we invented things. We went beyond expectations, beyond anything I ever dreamed of"

Nicole: "The relationship was sexual. It was all about sex. Sex like I'd never known before, total abandon' no part of my body seemed uninteresting. In fact, it was all extremely interesting to him. Nor was any part of my body unworthy of exploration. I'd blink and hours would be gone. That was how it seemed when we were together. I mean my eyeballs would roll. There are few men who can stay with that kind of thing, that kind of sex. I believe it an unusual man who puts a woman ahead of himself in bed."

Kate: "Sex with him was the most wonderful experience. He was a thrilling man, in every way. The sex was unique, always different, always incredible. I began to feel sexual; I could demand good sex with my lover. I didn't sleep with my husband at all."

And here is a letter that showed up in a national publication. Mark Cunningham read it to his students in his course "Building a Better Girlfriend."

"I'm a single average looking business man in my mid forties. During the past three years I've slept with every married woman I have desired.

I meet them in super markets, bookstores, and record shops.

I invite them for coffee, and the rest is easy.

From these encounters, I have observed the following:

1. I've not met a woman whose husband has made love to her properly in the past six months.
2. Many of these women had never had a multiple orgasm. Two had never had orgasms until we went to bed.
3. None of these women experienced any major guilt from these encounters.
4. Most view they are neglected, and view our time as luxurious sin. In the mean time, I've collected a casual harem.

I'm never pushy, they call me.

Can you explain why so many men are such neglectful lovers?" Signed T.G.

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"Romance"

Mark Cunningham suggests that we read the book: "Dangerous Men and Adventurous Women." It is a collection of essays by 19 leading romance authors on the appeal of the romance novel. Edited by Jayne Ann Krentz and copyright 1992 by University of Pennsylvania Press, 186 pages. ISBN 0-8122-1411-0

Romance novels account for half of all book sales. Because women love them so much, I was curious about two things: what do women find so fascinating in the men featured in the books, and what is the psyche of the women readers.

This book would lead me to believe that what women need is to form relationships based on mutual understanding and respect. What women admire in themselves is courage. Both of these manifest themselves, or are played out, in her making that dangerous man fall in love with her.

The Plot: Victory for her is in teaching him to love. "It requires that the final union of male and female be a fusing of contrasting elements: heroes who are gentled by love yet who lose none of their warrior qualities in the process and heroines who conquer devils without sacrificing their femininity. It requires a quintessentially female kind of victory, one in which neither side loses, one which produces a whole that is stronger than either of its parts. It requires that the hero acknowledge the heroine's heroic qualities in both masculine and feminine terms. He must recognize and admire her sense of honor, courage, and determination as well as her traditionally female qualities of gentleness and compassion. And it requires a sexual bonding that transcends the physical, a bond that reader and writer know can never be broken. Thus, as the romance novel ends, the contrasting elements in the plot are entirely fused and reconciled. Male and female are integrated. The heroine's quest is won. She has succeeded in shining light into the darkness surrounding the hero. She has taught the devil to love."

The Romantic Hero: A warrior to be tamed. The romantic hero is a leader, strong, intelligent, untamed, tough, courageous, cynical, macho and dangerous. Yet, he is communicative, and deep down, is susceptible to succumbing to the vulnerabilities of deep love.

The Romantic Heroine: A woman of courage. The romantic heroine is a woman of intelligence, integrity, loyalty, faith, confidence, but above all courage. She conquers every challenge, the most difficult of which is taming him.

Sex in the Romance Novel. Sex is a celebration of the bond created between the heroine and the hero.

"He also happens to be wonderful in bed. It is a given that a woman is entitled to sexual satisfaction and that a real man can't be fulfilled unless his partner is also fulfilled."

The Female Reader's Psyche: Learning to love one's self. In reading the romance novel, the woman escapes into a fantasy world where she can be everything she has always wanted to be and feel everything she has always wanted to feel with the security of knowing that there will be a happy ending.

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"The romantic hero is not the feminine ideal of what a man should be. The romantic hero, in fact, is not a man at all. He is a split-off portion of the heroine's own psyche which will be reintegrated at the end of the book. It has been argued that psychological integration depends on encountering the shadow and accepting it. If the romance novel teaches a woman to love anybody, the person she must learn to love is herself."

"Fantasy"

My friend John suggested the book "Private Thoughts" by Wendy Maltz & Suzie Boss, c 1997, 2001, ISBN 1-57731-146-9, first printed in 2001. I predicted it would be just another Nancy Friday narrative, but it proved to be otherwise. This book is outstanding. It actually presents a thesis on the why and how of female fantasies. It explains many things about the female psyche.

The two main things I learned from the book are: 1. There is always a reason for a fantasy. Sometimes it is obvious, sometimes it is deeply hidden. 2. There is a lot of good self hypnosis out there and there is a lot of bad self hypnosis out there.

I have included some of the highlights of the book. In this, you will see many things discussed by Mark, especially "The romantic hero" and "Women select different men for different reasons at different times in their lives." You will also see much of what he discussed in "Scoring with Married Women." You will also see evidence of the inspiration for Rick H's pattern "Remember when you were a little girl, and you imagined your ideal man..."

"Women's fantasies evolve and change over the course of a lifetime for all sorts of reasons. A woman's fantasy life is often a reflection of her search for sexual power, pleasure, and identity that started in childhood. We can categorize scripted fantasies according to six different roles: Pretty Maiden, Victim, Wild Woman, Dominatrix, Beloved, and Voyeur.

"The Pretty Maiden: Many women have grown up hearing that it's feminine and pleasurable to be sexually submissive. Because this is such a prevalent, socially acceptable message, the Pretty Maiden role is one of the most common fantasies that women describe. Women are giving themselves a role in which they can freely enjoy sexual pleasure without feeling guilty or inhibited. Because they are 'done to,' they don't have to feel any shame about the pleasure they imagine experiencing. They can picture being wantonly sexually responsive and leave out any thoughts of negative consequences or condemnation from others. In this role, a woman can consider herself virtuous, even mysterious, by having hidden passion. Being swept away by her partner's desire also sweeps away any need for her to be an initiator to let her passions out.

"The Victim: Women who adapt a victim role imagine being forced into sexual situations against their will. They link sexual excitement with images of being controlled, dominated, or even hurt. They often say they feel intense sexual pleasure as a result of the fantasy and the adrenaline rush that comes with it. Temporarily and

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without any real danger, they can indulge their curiosity about dangerous sex.

"The Wild Woman: Pleasure is the driving force in this fantasy role. A woman is worthy of receiving as much love and attention as she can possibly get. She enjoys a total lack of guilt. Some women exaggerate their sexual prowess and energy. Often, women imagine playing out this role in public places, with multiple partners, or in other ways that boldly flaunt sexual conventions and restrictions.

"The Dominatrix: In this role, a woman is aroused by her own power and her erotic control over others. Her fantasies focus on getting a partner to do what she wants. She gets an erotic thrill from power.

"The Beloved: This role plays out in the realm of emotional intimacy where lovers experience lust that starts in the heart. The woman and her partner feel lucky to have found each other. They are star crossed lovers, with a connection that feels rare, special, even spiritual. Her fantasy lover believes in her. He is not threatened by her intellect or her ambition. He's strong and self reliant. But he can't get enough of her, nor her of him. They are the only ones who can quench each other's mutual attraction. Women like the Beloved role because it allows them to blend intimacy and caring with sex.

"The Voyeur: A woman's voyeuristic fantasy gives her a buffer zone from the erotic action, almost like a fantasy within a fantasy. A woman can enjoy the heat of a sexual scene without having to take on a particular role herself. She can remain passive in terms of the primary sexual action. The erotic tension she feels can be heightened if there's a chance she will be discovered."

Where Sexual Fantasies Come From "Sexual fantasies often begin in childhood with romantic or sensual ideas that become sexual as girls mature. Through fantasy, children create a very private, inner playground. It's a perfect place for girls to develop and explore all sorts of new ideas, including their private sexual thoughts."

How Lovely to be a Woman. "As part of their quest to understand who they are, girls from a young age try on different fantasy images of what it means to be female. Girls' early role playing about outward appearances often exaggerates qualities they identify as being feminine."

I've Got a Crush on You. "First fantasies often begin as crushes. From elementary school until well into their teens, girls often shower their romantic hopes and dreams on a love object who typically doesn't know they exist and is completely unavailable. As a result, they were free to imagine falling in love with none of the risks of a real entanglement. Many women remember having a crush on a favorite teacher, an older brother's friend, or a classmate. But usually, they kept these close range crushes a secret.

"In a positive way, a girl's crush reinforces her view of herself as being worthy of a love and attention. The fantasy tells her she's lovable, a match for someone attractive. As part of the starry eyed logic of crushes, girls imagine that their love can heal through the power of their own affection, and that their dreamboats would truly 'Love Me Tender,' if only they had a chance to meet in real life. Crush fantasies usually

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need to keep a distance. A young girl's sexual energy needs to travel a one way street in a crush. She may not be developmentally ready to feel any sexual energy coming back at her. Crushes allow us time to rehearse for real relationships."

What a Feeling. "Sexual awakening sometimes happens suddenly when real life delivers an experience that stimulates the senses in a new, unexpected way. Maybe it was feeling a jet of bath water on their vulva, or a lovely throb of sensations while seated on a bike, or a thrill when they slid down a banister, or smoothed body lotion on their nipples. And because it felt so good and exciting, they often went looking for that feeling again, in their fantasies. Some women remember experiencing their first boldly sexual feelings or thoughts in a dream. Many women remember experiencing their first feelings of sexual pleasure during innocent childhood sexual play that involved kissing, touching, or hugging."

Beauty and the Beasts. "The fantasy formula is a classic: Female beauty tames raw, dangerous male power. Growing up, most women see repeated models of a beautiful female being objectified, controlled, and overwhelmed by a man who then falls in love with her. Her beauty and charm bring a strong man to his knees. In these fantasies, we eroticize fears or other emotional distresses. As an adult she finds herself aroused by thoughts of sexual aggressiveness, danger, and betrayal, because those are the ideas she first wired up as being erotic."

So This Must be Sex. "Childhood curiosity about sex led some women to readily available sex fantasies. Prepackaged, pornographic images and scenarios sometimes seduced, tantalized, and molded their earliest erotic thoughts. Some were lead to more information then they were developmentally ready to handle."

Hostile Takeovers. "Women who were sexually abused as children were introduced to sex prematurely and often traumatically. In some cases, their fantasy life was taken by someone else. The sexual fantasies women experience as adults often contain some truth or insight about their past. Some women can see how their fantasy lives developed to reflect what they enjoyed as girls, while others have created adult fantasies as a way overcome the past.

How Fantasies Help Us "Fantasies help us by: enhancing self esteem and attractiveness, increasing sexual interest and desire, facilitating orgasm, celebrating the present, satisfying curiosity, rehearsing future possibilities, releasing stress and tension, preserving a pleasant memory, and coping with past hurts."

I can make use of all of the above when I meet a woman by reading her the following poem I wrote. Women absolutely adore this poem. Most have said "That exactly describes me!"

"That Curious Little Girl"

Remember when you were a little girl and you played house. Perhaps you had a tea party for your friends. Maybe you imagined you were raising the children. Maybe you imagined you had a career. Your parents were so proud, knowing you would grow up to be the perfect sweetheart, just as their parents had taught them. But... there was a curious part of you, that craved

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adventure and discovery.

She was not restrained by what others thought.

She did things your parents didn't know about. But it was ok, it was harmless fun.

And most of all, it was the source of self discovery. But then the years went by.

You grew up and made a life of your own.

Some of it turned out as you had hoped. Some had not. You had done what everybody thought you should do, but you began to wonder, if something was missing. Then... suddenly, you realized...

you had forgotten about that little girl in you.

That girl that makes decisions based on what you want to do, as a person who feels.

Well, she is still a part of you.

And... she is a woman now.

"Dichotomy"

Women need dichotomy in their lives.

During the day, she is that proper educated professional woman with a career. But at night, she wants to express her sexuality like a slut. (Without being a slut. Big difference.)

During the day, she wants to be in control of her life and her destiny. But at night, she wants to be submissive and told what she will do sexually.

A woman wants to be known by most of the people in her life as being innocent. But with her man, she wants to be naughty.

On Sunday mornings, she is a Sunday school teacher. On Saturday nights, she is a slut.

Certainly, every woman is different. Each woman has preferences, norms, and extremes unique to her.

A woman is attracted to the dichotomy in her man. Her man must be sensitive, yet strong. Caring, yet dominant. Sweet, yet able to tell her what she will do sexually.

A woman is attracted to a man who is serious and focused about his career during the day, but at night can be light hearted and people oriented.

A woman is attracted to a man who is confident (Not cocky. Big difference) but who also does not take himself too seriously.

With the right man, a woman can allow herself to act dirty. (Without being dirty. Big difference.)

In the living room, a woman expects her man to use proper anatomical terms, like penis and vagina. In the bedroom, she expects him to use slang terms, like cock and pussy. If he uses slang in the living room, she sees him as inappropriate. If he uses proper terms in the bedroom, she just laughs.

When a woman feels secure, cared about, and special, then she can be turned on about being someone's horny bitch. She can be turned on about being flicked doggy up the ass while having her hair pulled and ass slapped. She can be turned on about watching her man fuck another woman.

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All of the above assumes a mentally healthy woman with a good sense of deservedness. It is true that there are mentally screwed up women with a bad sense of deservedness, and practicing the above is more of an affirmation to her for what she believes she deserves as a person, rather than a healthy expression of her sexuality. (Very big difference.)

And another thing... Some men blame society, or religion, or strict upbringings, for repressing female sexual expressiveness. We know very well that women don't want to be sluts, but the reality is that they get slutty for us all the time. We hear women say they would never do a one night stand, but the reality is that they do it anyway! Society does not impose anything upon women, at least in Western cultures. Women choose it that way themselves. Women are social creatures. They want all that social establishments have to offer. If there weren't a societal structure, women would create one. They're social creatures. Women prefer it that way. They want to know if the man is a social creature. They want to know if he can work within the social rules. They will run him through all their social tests, and when he passes, they fuck him silly. Simple really. Women will continue to sustain the social norms and enjoy being on the arm of a proper gentleman, and women will continue to surrender to him when he fucks them hard like the very naughty sluts that they love to be. Stop worrying about society, or religion, or strict upbringings; instead, embrace the dichotomy of womankind.

"Respect"

On the top of my list for what I look for in a woman is that she be someone that I respect. No matter how good looking the woman is, if I don't have respect for her as a person, the relationship ain't gonna last long. Respect is not the only thing that has to be there, but it is at the top of the list.

I believe that women also place respect at the top of their list for what they need to have in a man. It's not the only thing, but it's the most important thing.

Only when a woman has respect for her man, can she become all the woman she can be. Only then can she be responsive to him. Only then can she believe him in a fantasy, or even allow herself to be in that fantasy. Only then can he evoke strong emotions in her.

Many things role up to be respect. The first and most important thing is respect for yourself. Examples of that are to be true to yourself, be true to your goals, and to feel good about yourself - by yourself - for yourself - because of yourself Equally important, you must be able to have respect for others. If you cannot have respect for others, it is impossible to respect yourself. Other ways to command respect were covered in "BE The Man." Probably the most important point covered there was to walk the talk.

Note: If a woman loses the respect that she might have once had for her man, the likelihood that he will ever get it back is almost non-existent. Such a man would be well advised to start over with a clean slate with a new prospect.

"Emotions"

Everything you need to completely fulfill a woman is already within her. The most important being her emotions. Evoke her deep emotions, and the rest will follow. You will find them, you will strengthen them, and you will make them more responsive to you. You will bring out in her, emotions she did not even know she had. You will combine her emotions in ways she never imagined. You will make her feel emotions more powerfully than she ever dreamed possible. I shall now explain...

The human brain is made of over one hundred billion neurons, all highly interconnected. Its function is preservation of the species. This endeavor is two part: to reproduce and survive. To insure reproduction, the brain is hardwired with the drive to mate. To insure survival, the brain builds an internal representation of the world in order to make use of the world. In NLP this is called the map. It is a map of the territory, but it is not the territory.

The function of this complex neural network is three part: hard wiring, learning, and recall.

Examples of hard wiring include control of the beating heart and the urge to mate. Hard wiring is mainly found in the midbrain.

General purpose learning occurs in the cerebrum for social functions and in the cerebellum for motor functions.

When a neural network learns, it makes associations between input and output, cause and affect. To learn is to adjust neuron connections in order to perform mappings from input to output. Some learning happens over a long period of time, like social programming. Some learning happens instantly, like traumatic life defining experiences.

Learning allows recall. Recall is the production of an output state of a neural network when presented with an input state. After a neural network has learned an association, then it can be presented with a new input state, and it will result in a new output state.

When a neural network learns to map A to X and B to Y, then when it is presented with a never before seen input, say C, then it is going to map it to something, say Z. There is nothing to say that Z is correct or not. A more informed detached observer may have an opinion on that however.

Emotions are a manifestation of neurological processing. They are a mechanism. This mechanism involves the physical interconnection of the neurons, the chemical and electrical activity in the neurons, and the neural transmitters released by the neurons. Emotions employ all of the brain, everything from high level social programming to low level mid brain hard wiring.

Emotions have input and output. Input being state, thought, feelings, sensations, and sensory input. Output being state, thought, feelings, sensations, and motor control.

Emotions are developed over a lifetime. Her life experiences condition her brain to respond in certain ways to certain stimuli. This mapping is very deep rooted

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and very automatic.

Emotions are interrelated. Some are input to others. Each may affect any number of other emotions.

Because emotions are so deep rooted, they are very difficult to change if you are not a skilled hypnotherapist. That is why it is crucially important to choose well.

You must discover her deep emotions, and combine them to find even more powerful deep emotions. You do this using pacing and leading. You first pace her emotions by being congruent with her emotions. Once deep rapport has been established with her emotions, you then lead her emotions into even deeper emotions.

I have written a poem about this. Women love this poem.

"The Harp"

A woman's imagination can be likened to a harp,
a beautiful instrument with flowing curves and intricate detail. The strings of the harp
are like the emotions of the woman, each having its own note and place in her life.
Some notes she finds pleasant, some she does not.
Some combinations of notes she finds very pleasant. When a tuning fork is held close
to the strings of the harp, certain strings begin to respond.
The strings and the fork begin to resonate together,
in much the same way as a woman responds to her man. As the man selects different
tuning forks,
different combinations of strings begin to respond. The harp begins to play various
chords,
and a melody begins to be heard.
As the woman enjoys the enchanting sound,
the man becomes even more familiar with what pleases her,
He begins to evoke even more powerful chords,
and the harp responds with a passionate song. As more and more strings are excited.
the woman's pleasure increases. In a magical dance of true fulfillment,
the man and the woman make beautiful music.

"Being All the Woman She Can Be"

In summarizing all of the above, we see that a woman needs to be "all the woman she can be" as Mark calls it.

Throughout her life, beginning as a little girl, she has been developing and exploring her sexuality and what it means to be a woman. She has been practicing how to use her beauty and charm to make a strong man fall in love with her. Doing so makes her feel courageous, she obtains the appreciation she needs from him, it validates that she is worthy of love and attention, and it validates her life long mission to bring peace, love, and harmony to people's lives. It allows her to feel that emotional connection she so craves, which she will use to further deepen the bond.

Ever since a little girl, she has been a sexual creature. She needs to be seduced, excited, and satisfied. In order for all of the needs in her life to become true, she needs

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dichotomy in her life. Life long conditioning has brought her to expect that people play certain roles. She expects her man to be strong. In order for that to be true, she must have respect for him. Only when your woman has respect for you, can she be responsive to you.

It should thus be clear to you by now that everything you need to completely fulfill her is already within her. The most important being her emotions.

"The secret is seduction through temptation - make your life congruent with her fantasies and let her seduce you." Mark Cunningham

Expanding her Envelope of Sexuality

One of the most rewarding endeavors is to expand the envelop of a woman's sexuality. To gently take her hand and lead her into new territories of experience, to be with her when she experiences things she never imagined she would ever do, and to watch the look of pleasure on her face.

Expanding the envelop of a woman's sexuality is, in actuality, bringing a woman's submerged desires to reality. It is also bringing to reality things that she may not have ever dreamed of doing, or ever knew existed, but once experienced, then desires. It is ultimately the ruthless expression of her sexuality.

The proper motivation for her to expand her envelop of sexuality includes: Her sexual fulfillment is what she does to please you. She is increasingly sexually responsive to you in order to become closer to you, a celebration of your close emotional bond, new ways to have an orgasm, more orgasms, and stronger orgasms, exploration, new ways to enjoy her sexuality, and to be all the woman she can be.

The wrong motivation would include any of the following: To conform, to get along, selfishness, manipulation, guilt, intimidation, fear, a desire to be liked, challenges to her identity, a challenge of her love for you, or an ultimatum. She has to believe that it is for her benefit. She has to feel good about it. She has to always know that she has a choice. As Mark says "She must always be in control of the process." That would mean, for one thing, never leave her without a choice by saying something like "Just let me know when you're ready" or "If you want to do this, come over." If she comes over, she has agreed to do what you had proposed. If she doesn't want to do it, she cannot come over. That's a bad thing. Likewise, you always want to pose your suggestions in a manner such that she has the opportunity to answer in a non specific manner that does not commit her. This allows her to agree without actually saying it. For example, you would not say "Would you like me to tie you up?" Instead, you would say "I think it would be very exciting if I were to take these silk ties and tie your hands to the bed posts." Another manner is to slowly guide her and let her follow by simply not resisting. This allows her to keep the power of being able to say no at any time if she feels uncomfortable. And in saying no, it is not contrary to something she had agreed to. (But, of course, you will always make her feel comfortable.) For example, you would not say "Would you like me to masturbate you here in public?" Instead you would say "Oh Baby, your skirt is so sexy, and knowing that you are not wearing any underwear makes me so very excited. I just can't keep my hands off the inside of your thighs. I know these sensations are driving you wild." Etc. etc.

The greatest compliment a woman could pay her man is for her to be sexually responsive to him. Nothing is more exciting for a woman than to open herself completely to her man, to surrender herself totally to him, and to become as close to him as possible. A woman's pleasure is very cerebral. We have already covered how to appeal to that. But a woman's fulfillment is all about emotions. Appeal to her emotions. She will make decisions based on emotions. She will then use logic to

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justify her decisions.

To expand your woman's envelop of sexuality you must know her. You come to know her by showing genuine interest and concern for her. This will open her up to you. Ask her questions to know more about her. Pay attention to her reactions to the things you say and do. Always demonstrate that you are gentle, sensitive, loving, and caring, but not in a placating way. This is not supplication when she has respect for you as her strong man. Gentle without strength is just wimp.

To expand your woman's envelop of sexuality she must feel protected by you. Women don't like to admit it, but they like to feel protected by their man. They need to know they are with a man who will protect them when they need to be protected. This is demonstrated to her by "walking the talk," doing what you say you are going to do. It is also demonstrated to her by respecting her sense of independence and ability to deal with things herself, because over protective reeks of jealousy and paranoid.

To expand your woman's envelop of sexuality she must trust you. Her trust in you is earned by you demonstrating trust in her, total approval and complete acceptance. To get her to trust you, first tell her one of your secrets, and share with her how that made you feel. She will feel closer to you. She will then feel comfortable about sharing a secret with you. When she does, be completely accepting. This will make her feel even closer. Then ask her how her secret made her feel. As she describes that, give her complete support and acceptance without judgment. That will make her feel even more closely to you.

In expanding her envelop of sexuality, you may have to change her mind on a thing or two. To do that, first let her change your mind on something. Then she will be more likely to let you change her mind. Another way to help the cause is to regularly ask her for her opinion on matters you have been contemplating. Take her advice. This allows her to feel more flexible to your suggestions.

Your woman needs to feel good about herself. Therefore, never ever point out the flaws in your woman. Women are already acutely aware of their flaws. Don't get linked to her flaws. Instead, always point out the finer points in her. Then you get linked to everything she likes about herself. Also, feel free to point out some things about her that you like, but she doesn't yet know she has. For example, say "I love how you are so responsive to me." This brings up another point. People do what you expect of them. If you want her to be sexually responsive to you, simply say "I love it when you are so responsive to me. It makes me feel close to you." This tells her that when she is responsive to you, you will feel closer to her.

One of the most important things to consider in expanding her envelop of sexuality is her feelings. Always respect her feelings. Always nurture her feelings. Always think of how she feels. Always think about how what you do and what you say will affect her feelings. Always protect her feelings. If anyone hurts her feelings, immediately defend her. On occasions, it happens that there is a misunderstanding. If you ever accidentally hurt her feelings, repair the damage immediately. When her feelings are hurt, she feels her power has been diminished. Restore her power

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immediately. Give a sincere apology, take full responsibility for your actions, show remorse for your errors, and suggest to her how it will never happen again. This is not supplication; quite the contrary, this is being a man.

One of the most important tools in expanding her envelop of sexuality are her own sexual fantasies. They may be things she never thought she would actually do. Find what her fantasies are, then whisper them back into her ear, then help her to act them out.

Ascertaining a woman's fantasies can be easy or hard, depending on the woman and the fantasies. Start by simply asking her. She might offer up a fairly tame fantasy at first. You will build from there. In order that she will share her fantasies with you, she must feel that you trust her, that you accept her, and that you will not judge her.

For the more secure woman, she may simply offer one of her fantasies. If it is something that is physically possible to act out, do so. If not, whisper the fantasy back into her ear while you masturbate her. One woman, who was the conservative "librarian" type, told me after we had been dating a couple weeks that she had a dream that she was sitting at her desk at work with many people around and that I was whispering into her ear and then fondling her and then licking her and she actually came in her dream. That dream revealed a lot about her. She has to keep a very proper image, but at the same time she is a very sexual person. Challenging the proper image was something very exciting for her. I rewarded her correct behavior by affirming her dream, telling her that it was very exciting for me, and then I demonstrated my affections for her. Then I whispered the fantasy back into her ear and I started masturbating her. She found it to be very exciting and she came very hard. This made her even more responsive to my words.

Whenever a woman tells you what she likes, she is consciously or subconsciously telling you to do it. About a week later, she told me that she had the fantasy that I would come over to her house at 11:00 PM and when she answered the door I would take her right there behind the door. A couple nights later, at 11:00 PM, I went over to her house and did exactly that. It was very exciting for her. Though it was a fairly tame fantasy, it was a start.

Sometimes you have to try things based on what you know about her, in order to find what excites her. She was an executive secretary for a vice president of a major corporation where proper image is critical. She always wore very conservative Liz Claiborne suits and had a lakeside home, but man did she like to fuck. I knew that shattering "the image" was something that would be very exciting for her. One sunny Sunday afternoon I took her to the shore of her lake and started making out with her. I told her how much I wanted her, but that we could not do it right there because someone might see. I fired off the usual anchors, there was little resistance, and I fucked her right there where anyone else living on the lake with binoculars could clearly see. She got off on it big time, and mentioned it often after that.

But if she is a bit shy, you may have to be somewhat indirect. Tell her about a

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woman's fantasy that you read about in a magazine or in a book you read about female fantasies. Start with something fairly tame, like public sex. Ask her opinion about the fantasies. As she does so, listen carefully to her response and affirm her opinion. Then ask her if she had ever had a similar fantasy. She may reveal one of hers.

Once I was dating a bi-curious woman and I mentioned how I read that almost half of Internet porn is downloaded by women. She timidly revealed to me that she had downloaded lesbian porn and then masturbated to it. I affirmed her desires and told her that it excited me. Then I said to her "I recently downloaded such a picture. Come over to my computer and I will show it to you." I then had her sit in front of me between my legs as I showed her the picture stored on my computer. It was a picture of a woman rubbing the clit of another woman. I said to her "Does that make you excited? Can you imagine being the woman getting her clit rubbed by the other woman? Don't you think that would be very exciting?" She said it would, and she did begin to become excited. I then reached into her panties and started rubbing her clit. I said "Is this how that would feel? Can you feel how incredibly good that would feel?" She really got into it and I continued to masturbate her and narrate the fantasy to her until she came very hard. Of course, she was so excited that she then impaled herself upon me. So I fucked her while she looked at the picture, thus further linking our sex to her fantasies.

Always take the opportunity to link yourself to her fantasies. Also take the opportunity to link yourself to her favorite things. One woman I was dating told me that she loves being under the stars while overlooking a lake from the top of a hill. The following weekend, on a starry night, I grabbed a blanket and took her to the top of a hill overlooking a lake. We enjoyed the view. Then I fired off the usual anchors, coaxed her on some, and then we proceeded to anchor our lovemaking to her ideal place. This also combined the excitement of public sex, which has an element of fear of getting caught. Sexual arousal can be intensified by including adrenaline from other states of heightened arousal, like fear or excitement.

Always take the opportunity to combine fantasies. Once I took the bi-curious woman shopping for sexy underwear. We found a very sexy black lacy pair for her. That night I told her I wanted her to wear it under a very short mini skirt when we were to go out dancing. I told her that knowing she was wearing those panties would make me very excited. While we were at the night club, I saw her looking at a woman. I said to her "You find that woman to be very sexy. You find her body to be very exciting, don't you?" She shyly said "Yes." We were standing at the bar. I was just to her side and slightly behind her. I was wearing a long leather coat. From behind her, I placed my hand on the inside of her bare thighs. I said "It would be very exciting for you to feel her hand on the soft sensitive skin of the inside of your thighs." She again shyly said "Yes." Then I said "She would find your new panties to be very sexy. She would want to touch them. Isn't that right Baby?" and I slid my hand up to touch her panties. She softly moaned "Yes." Then I said "She would feel how very wet your panties are getting. It would drive her crazy and she would want to push your panties

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aside and feel your wetness just like this. Isn't that right Baby?" She just moaned. Then I continued narrating the fantasy into her ear as I proceeded to masturbate her. I told her "You cannot let that beautiful barmaid in front of you know how much pleasure you are feeling. You must keep this a secret from everybody. But you are so excited that you must come so fucking hard." I continued until she did. That fantasy enactment combined three fantasies: how her sexy underwear turned me on, her bicuriosity, and public sex. It also went a long ways to make her even more responsive to my words.

In working with her fantasies, you will use pacing and leading. You will pace her fantasies and then lead her into deeper fantasies. Each time she offers a fantasy, you reward her correct behavior by giving her pleasure based upon that fantasy. It may be whispering it back to her while you masturbate her, or it may be actually acting it out. And then give her what she really wants by telling her how it has made you feel closer to her. After you have paced her fantasies to the point of developing deep rapport around fantasies, then you can lead her fantasies into entirely new areas. They may be things she never actually thought she would do.

To move up to more advanced fantasies, you use what you know about her, plus the basic proper motivations for her to expand her envelop of sexuality listed above, and you begin to anchor fantasies to the pleasure you two already share. You start by narrating a fantasy into her ear while you have her in a heightened state of arousal. Because it's just a fantasy, it's ok. But while you are describing the fantasy to her, she experiences the fantasy in her imagination. Because it is you describing the fantasy to her, she is going to become strangely excited about it. And as you make her come, that fantasy gets linked to you giving her an orgasm. As a result, she becomes even more responsive to you, and interestingly, the fantasy begins to become real for her.

Then you use commitment and consistency. Ask her if it was exciting for her. She will affirm. This is commitment. Getting her to say it makes it even more real for her. Then you use consistency when you are in bed again to move to the next level. She must be consistent with her previous affirmation in order to prevent cognitive dissonance, the internal conflict that is created when she does something which is inconsistent with her beliefs or identity. She will then try to rationalize her behavior to reduce cognitive dissonance.

Mark tells us that one of the best ways to expand her envelope of sexuality is to share a taboo. This is SO very true. And it does not necessarily have to be a sexual taboo.

Most women keep a diary. Her diary is a very secret and special thing to her. Her past is riddled with ex-boyfriends who were dumped when they were caught reading her diary. It is a huge violation of trust. And it is because of that, that it is a powerful taboo to leverage. My girlfriend keeps such a diary. One night I called her and said "Sweetheart, we have no secrets, except for one. Your diary. I do not want to read your diary, as that is the one place where you can go and reflect on your thoughts, feelings, and emotions. And it is because you are the only one who reads it that you are

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able to do that. I want you to be able to do that. So here is what I want you to do. Tonight, I want you to write one day's worth of diary on some paper. It can be any day of your choosing. You can say whatever you want. When I get there tomorrow night, you will give me what you have written and I will read it." She said "But I do not understand why you want to do this?" I said "Because it would be very exciting for me Baby. It would reveal to me something very private about you, and that would allow me to feel even closer to you." She said "You want me to write something up, about any day?" I said "Yes." She said "Why don't I just copy one day out of my diary? I'll be sure to not pick a day that I was mad at you, I'll pick a day that I felt good about you." I laughed and said "That would be fine." When I arrived at her house she read to me from her diary. As I expected, it made her feel even more open to me, and increased her responsiveness to me. It went a long way towards making her feel mentally and emotionally naked to me. Very important.

One of the most powerful taboos for some women is for her to masturbate in front of you. For some women, it is an unthinkable act. I was dating a 25 year old woman who had never masturbated in her life, let alone in front of another man. So basically, she only had orgasms was when she was with a man. That would mean that her pleasure was totally based upon having a man to do it. What kind of life is that? I was going to give her the gift that would keep on giving. Right before we were going to have intercourse, I instead let the tip of my cock rub up and down against her pussy and then her clit. Then I told her that it would be very exciting if she were to hold my cock and to press my cock against her clit. She did. Then I told her to rub my cock up and down against her clit in a way that would make her clit feel really good. She looked somewhat embarrassed, but with a little coaxing, she did do it. Because it was my cock against her clit, and not her finger, it was ok. She did start to get into it, and I coached her on until she came. The next time we were together, I was rubbing her clit, and I asked her to put her hand over my hand to help guide my hand to show me what feels best for her. She did. When she got really close, I slowed down and I asked her if I could put my hand on top of hers instead. Since she was so close, and wanted to come so badly, she reluctantly agreed. With my hand on top of hers, she made herself come. Eventually she was able to masturbate in front of me whenever I requested. Not surprisingly, she turned into a masturbating monster.

As always, your woman must know that you believe that every part of a woman's body is sensual. Every part of a woman's body is responsive. Everything is natural and normal. This is especially true when you turn her on to anal sex. To get her to do anal, you will use all of the previous methods, plus some more.

The first step is to link anal stimulation to her orgasm. This is easy. While you are doing the welcomed method on her, get your fingers really wet from the Astroglide, and then touch her anus with your pinky. Assure her that every part of her body is sensual. Tell her to notice how being touched there makes her excitement even stronger. When she starts to get close, slowly slide your pinky in just a little bit. If she objects, stop rubbing her and simply reassure her and again remind her that every part

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of her body is sensual. When she is done objecting, you continue the stimulation. When she comes, the anal stimulation gets linked to her orgasm. Reward her good behavior and tell her how much that excited you. Then give her a thorough fucking, in her vagina. That's all for that night. You don't want to seem in a hurry to get in her ass. Remember, it's all about her pleasure. You'll get yours. What is important is that she is responsive to you.

The second step is to make anal stimulation cause her to orgasm. This is only possible if she is very responsive to you. Have her lay on her stomach while you masturbate her. Get her close, but don't make her come. Again use Astroglide, and slowly slide the Astroglide onto her anus. Tell her to notice how naughty it makes her feel that anal stimulation makes her so excited. Slide your middle finger into her ass while you tell her how naughty that makes her feel. Tell her that it makes her very excited about you fucking her in the ass. Because it's just a fantasy, it's ok. Continue to remind her how she is such a naughty little girl because she loves it when you fuck her in the ass. Drive your finger in and out of her ass and continue narrating the fantasy until she comes. When she comes, she is convinced even further that being responsive to you gives her powerful orgasms in new ways. Reward her good behavior and tell her how much that excited you. Then give her a thorough fucking, in her vagina. That's all for that night.

The third step is to fuck her in the ass. This is only possible if you have already given her an ass orgasm with your finger. Only do this when she is really excited. Get her really hot with a very thorough eating out, and then remind her how you both enjoy giving each other so much wonderful pleasure and it makes you feel close to each other. Have her confirm. Suggest to her how you want to feel so very close to her in every way possible. Remind her how exciting it was for her when you had your finger in her ass, and how very exciting it would be for her if you were to fuck her in the ass. Have her apply the lube to your cock. This prepares her for the act. Then you tube her up, and go gently, while continually reminding her to relax.

Of course, all of the above can be circumvented if you know hypnosis. Put her in trance and say to her "Notice how the idea of me fucking you in the ass makes you very excited. In fact, it makes you so excited that it makes your ass very horny. In fact, you can feel your ass tingling with anticipation. The more your ass tingles, the more excited it becomes. The more excited it becomes, the more it makes your ass ache to be flicked by me. The mere thought of me fucking you in the ass makes your ass so excited that it wants to come. Your ass wants to come so badly. Your ass wants to have a very powerful orgasm. Your ass is so excited that it is going to come right now. Your ass is going to come now. Come Now! Hard! Come Now!"

Then take her out of trance. Gauge the situation. The next time you hypnotize her, include stimulation with your finger and remind her how the more you touch her ass, the more it relaxes her. See "Slide in the Back Door." When she can relax, and she can easily have an orgasm from anal stimulation, she will demand that you fuck her in the ass.

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And then the really big one, turn her on to threesomes. This is something that should be introduced very early in the relationship. If you have been dating your woman for some time, and she has not already brought up the threesome idea, and you then introduce the idea, she may wonder why the sudden change. She may wonder that she is no longer enough for you.

The most certain means to success is to first choose right. Find a woman who already is a practicing bisexual or has expressed an interest in it. Then all you have to do is be congruent with her reality. The most certain means to failure is to choose an insecure woman who believes that bisexuality is disgusting. In that case, there is little that can be done. But for most women, they just need a little help.

The biggest obstacle in turning her on to threesomes is her jealousy. When she is jealous, her identity is threatened. Her identity is that of being your woman. Different women have different definitions for what that means. Some need lots of attention, some need to be showered with gifts, some need sexual monogamy, but all of them, without exception, need that one thing they cherish: an exclusive emotional relationship. She is the only woman with whom you share this deep emotional bond. So long as that is true, she knows she is your woman, and her identity is preserved. Protect her identity above all else at all times, and the rest will follow.

To turn your woman on to bisexuality, you must make it clear that it is something you share together, something that brings you two closer. And above all else, your woman must be absolutely convinced that no matter what happens, she will remain that sole woman with whom you share that emotional bond. As my girlfriend says "Love is love, but sex is sex."

Ideally, it is best to start the relationship in the right frame, that is, she knows that you prefer bisexual women, two at a time. In that context, and if you do not already have an emotional bond with another woman, she will naturally compete to be that one woman who wins your heart, fully knowing that she will share your cock. Which is why, when you and your girlfriend go out to seduce bisexual women to enjoy together, you must make it very clear to the other woman that you already have an exclusive emotional bond with your girlfriend.

A very effective way to expand your woman's envelope of sexuality, for situational activities such as threesomes, is with the use of stories that depict fantasies. These stories are hypothetical situations about hypothetical people. These are stories that you type up, print out, and then read to her at "Story Time," a special time that you two share together. Then you give the print out of the stories to her to keep. She will save them and cherish them and read them when she masturbates.

To motivate your woman to partake in a particular sexual activity, get her there a step at a time through the use of fantasy stories. But this must be done a step at a time. It may take a few Story Times to build up to where you want to be. If you want your woman to be excited about watching you fuck another woman, you must first motivate her to be excited about having a threesome. To motivate her to be excited about having a threesome, you must first motivate her to be excited about being with

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another woman.

Surprise her one night with three stories you have written for her. Tell her that Story Time is for the entertainment of the imagination. Tell her it is just about hypothetical fantasies. Because you took the time and effort to write the stories, she will be more than happy to hear them. Because they are just fantasies, she will suspend disbelief and she will accept them into her imagination as entertainment. Because they are your stories, she will allow them to be real in her imagination.

There will be three fantasy stories. The first is a fantasy that you already know she enjoys. This associates your stories with her excitement, but more importantly, with her acceptance of the fantasy in the story. The second story is a fantasy about something that you know she will like, but has not yet experienced. This associates your stories with excitement about things that she has not yet done. Then, finally, the third story is about the experience you want her to partake in. Since she was excited by the first two stories, it follows that she will be excited by the third story.

The story about the hypothetical woman must illustrate the advantage that your woman will experience by partaking in the sexual activity, such as it brings her and her man even closer together.

Then make her very comfortable and read the stories to her. Read them with passion and expression, and slow enough that she can make them real in her imagination with great clarity. The fantasy then becomes real in her imagination. After the story telling, give her the stories and finish the evening off with some awesome sex. Later, as she reads the stories when she is alone, the fantasies again become her reality, and she can make it her reality that she is staring in the stories.

Do not be in a rush to hear what she thinks of the stories. Let her think about them for a few days. Let her read them again when she is alone.

Only after she has had time to relive the stories over a few times, select an appropriate time in the living room to discuss the stories with her. Start by asking her which story was her favorite story. Then ask her what she liked about each story. When she gets to the third story, ask her how she felt about that fantasy. Chances are she will say that she thought it was very exciting but that she would never consider doing it in real life. Let her discuss why. This reveals to you her objections. What this really does is it reveals to you her conditions for it actually happening in real life. For example, if it is about having a threesome, she may object to the idea of "sharing you" with another woman. Her real objection is that she does not want you to become emotionally attached to the other woman. You then know that her condition for it actually happening is that you do not become emotionally attached to the other woman, that the other woman does not try to become emotionally attached to you, that your woman remains your woman, and that the act brings you and your woman even closer together. It then becomes a healthy expression of her sexuality and of your relationship together.

At this point, you ask her to imagine that situation again, but in the context that her conditions are met. For a threesome, it is within the context that you two are a

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secure couple, you have no interest in an emotional relationship with another woman, it is a healthy expression of her sexuality, and it is an experience that brings you two even closer together. In that context, she can be excited about it.

As for threesomes in particular, remember that your woman gets excited about watching you fuck another woman because it makes you appear to her as even more strong, masculine, and sexy.

But don't think she is going to be ready to run out and pick up women with you. It may have to be discussed at more length. She may have many questions that she needs cleared up. It may also have to be made real for her again in her imagination.

Story Time then depicts that act, in that context, with her and you staring in the stories. Then it becomes an affirmation of her willing participation by allowing herself to become excited by the story in your presence.

Fantasy story telling is not limited to Story Time. For example, on those nights that my girlfriend and I are not together, but speak on the phone, I will occasionally tell her to get comfortable because I am going to hypnotize her. After she is deep in trance, I narrate a fantasy to her about some act that she and I partake in. Because it is just a fantasy, she allows herself to enjoy it. Because it is deep trance hypnosis, the fantasy becomes vividly real for her. And of course, she is made to come many times and very hard. At a later date I will discuss the fantasy with her. I find out how she felt about it, and then we begin to discuss the context in which we can make it real for us.

And finally, a note about resistance. If you press hard against resistance, she will just resist even more, and delve deeper into why she must resist more. There are varying degrees of resistance. There is "Oh Honey, I don't know if I want to do this" in which case you just slow down a bit. There is "Oh Honey, I am feeling uncomfortable about this" in which case you step way back and talk about it, because you risk breaking rapport. And there is "Get your God damn finger the fuck out of my ass" in which case you have gone too far too fast and you have broken rapport. In that case, you will have to retreat all the way back to start over some other day.

One thing that keeps a woman from allowing her envelop of sexuality to be expanded is she cannot let go. She cannot open up. To open up and let go means to surrender to pleasure. Like I tell women, "For it is when you surrender to the vulnerabilities of passion that you are fulfilled the most." But some women are holding on to control so tight that they can hardly breathe. They just can't relax and enjoy. There could be many reasons and things in her past that keeps a woman from opening up and letting go. If they are deep rooted troubles, she may need to see a professional hypnotherapist.

At all times, be clear, simple, and direct, while remaining flexible to alternatives if they lead toward the same goals. Also, be flexible about the occasional nights when she just is not in the mood for one particular type of sexual activity. Let it be. Wait for another day to do that. It's ok.

And always, as Mark tells us, have faith in her that she will suggest new ways that both of you can experience exciting new adventures.

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"Sexy is not something you do, it's something you are. Have you ever seen a woman try to DO sexy? It's like a stripper. It looks stupid. But for those women who truly ARE sexy... wow." Suzylicorice

Be The Man

You would certainly want your woman to be all woman for you. In order to bring out the best in a woman, you must be all man for her. Don't TRY to be the man. Don't ACT like the man. Instead, BE The Man.

It does not mean be macho. It does not mean be an alpha male. It is about something else entirely. It is about personal power. Not power over other people. If you had power over other people, then by definition, somebody else would have power over you. Instead, it is about the power that comes from within you. It is about being personally powerful.

You are honest with yourself. You are true to yourself. This implies that you are honest with others. To deceive others would violate the rule.

You have respect for yourself. You expect to be treated with respect. This implies that you treat others with respect. To do otherwise would violate the rule. You do not expend any energy on people who do not treat you with respect. To do so would violate the rule.

You are in control of your own state at all times. You feel good, for yourself, by yourself, because of yourself.

You are congruent with your words.

You are in control without being controlling. You are confident without being arrogant. You have powerful feelings and thoughts. You are totally emotionally honest. It is a very rare combination to be powerfully confident and emotional.

You are a dominant man - one that can be in charge, commanding, and in control, and feel completely comfortable with that role. Like Mark Cunningham says "Be comfortable with power." This is very different from being demanding or controlling.

Mark tells us to "Be tough. She doesn't expect you to always win, but she does expect you to be tough."

You Love Women. You believe in women. You are fascinated by women. You adore everything that defines a woman as woman. You derive no greater pleasure than pleasing a woman. You say it often and you believe it and it makes you feel good to say it. If you can't do that, then you need to honestly ask yourself what your true motivations are.

You are a man that appreciates and revels in her sexiness. You make her feel like the sexiest woman in the world. You revel in savoring the sensual woman in her, and you are comfortable in doing that.

You have your own identity. You are NOT defined by her. Keep your own identity.

You don't need her. You want her, but you don't need her.

Mark tells us: "Live the life of adventure. Adventure is the approach you take. Look at everything with a sense of passion. Be willing to take risks."

You are decisive. You can decide where to eat and where to sit. (Of course, if

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she suggests somewhere else, you can go with that.) Never take anything for granted. Never assume.

You know what you want. If you don't know what you want, you probably won't get it, in fact, you'll probably end up with something you don't want.

You are powerful in that you evoke powerful emotions in her. Always keep seducing her.

You know what she likes. You listen for what she likes. You ask questions that will allow you to learn what she likes.

Do not give her a key to your place. Do not let her leave her stuff at your place. Keep your own life, until you both make the investment to make a life together.

When at the night club, and you return from the bathroom to find some guy hitting on her, you say to the guy "Excuse me, this lady's on a date." She DOES want you to say SOMETHING. She does NOT want you to get into a fight. If the guy gets bouge, simply take her away from the situation. With the really good women, you can leave her alone and know that she will just tell any guy to get lost.

Be a little mysterious. Don't tell her everything you do. Hold a little back. Tell her something later and let it surprise her.

Find out what her fantasies are, and then at a later date, narrate them back to her. Then act them out.

Always expand her envelope of sexuality.

Talk dirty to her while you fuck her.

Make sex different every time.

She must hear your voice in her head when she comes. Install your voice by saying a key phrase each time she comes. In the future, she will hear that in her head.

If she is not orgasmic, train her to be orgasmic. If she is not vaginally orgasmic, train her to be vaginally orgasmic. If she is not multi-orgasmic, train her to be multi-orgasmic.

Never paw at her. Let her paw at you.

Never ask for sex. Instead, spend the evening planting anchors, making her feel sexy and beautiful, and then at the end of the evening, simply fire off the anchors and let her jump you.

Always look for new opportunities to plant new anchors. Always dig for new core beliefs.

She always comes more than you. Intercourse always results in an orgasm for her.

She is totally naked before you even so much as take your shoes off. Unless, of course, she rips your clothes off.

Reward her for good behavior, and do NOT reward her for improper behavior. Mark tells us that 1 out of every 6 times you should not reward her for her good behavior. This keeps her trying even harder.

On those rare occasions when you happen to not be "in the mood" don't get it on just to placate her. That would not be true to yourself, or her. You can please her,

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but you are not obliged to do anything more.

When she compliments you, don't reply with a thank you and the same compliment back. Instead say: "Oh Baby, that makes me feel so good." If she gives you another one, give her what she really wants to hear: "Oh Baby, that makes me feel so close to you."

Some guys suggest canceling dates on occasions. That is a bad thing. That will only make her angry, will get worse with time, and will certainly backfire. Besides, it is outright lying. Instead, on occasions, when she calls you and suggests a particular night to go out, and you happen to already have other plans, then simply tell her so. This makes you more valuable. It also makes her wonder a bit. It also serves to illustrate that you have a life. And don't change your plans. That would be placating. Instead, suggest another time to get together.

Some guys suggest putting her down on occasions. That is a bad thing. That can leave deep scares, and will certainly backfire.

Never loose your temper. That is a bad thing. She will loose respect for you. Instead, do as Ross says and calmly call her on her bullshit. There may be respect opportunities early in the relationship, but they will diminish with time. Likewise, make use of reward opportunities. It is supposed to be about rewarding her good behavior, not disciplining her bad behavior.

You don't try to fix her. You don't tell her what to do. Instead, when she asks for your help, you listen with empathy and you support her as you can.

She has to know that you can have any woman you want. She will work harder to keep you satisfied. When you are out on a date, you are able to talk to anyone with ease. You do NOT hit on women, you do NOT flirt with women, but you DO establish rapport quickly and easily, in a fun context.

Mark tells us "Don't have her constantly chasing you, but instead, get her to the point where she enjoys having you."

I asked my girlfriend what she believes is important for a successful relationship, and she said: "A meaningful relationship requires a deep emotional bond. A deep emotional bond requires chemistry. Chemistry is defined as a natural possession of specific personality traits required by the woman. Those personality traits include:

- Dominant, but not domineering or controlling
- Strong yet sweet
- Sensitive to her feelings
- Confident
- Take charge and be comfortable with it
- Respects and admires her independence
- Respects that you have your own life
- Revels in her sexiness
- Makes her feel like the sexiest woman on the planet
- Caring and sweet"

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I asked her why she believes that she is able to enjoy so many new things in our relationship. She said "It is the man that you are outside of the bedroom that lets me be the woman that I want to be in the bedroom. And, you let me be dirty without feeling dirty. You let me feel that everything is normal and natural. You believe that every part of a woman's body is sensual."

ALWAYS have something planned. A woman wants a man to make plans, and not always have to ask her what she suggests they do. A woman wants the man to be in the driver's seat. A woman has to drive in her life all week. When the weekend comes, she wants to enjoy going along for the ride. (Again, if she suggests other plans, you can go with that.) Remember, there is never any rest. (Well, there ARE those times when she will want to drive, and that's when you let her drive and you rest.)

Deciding who will drive and when is a delicate balance. My girlfriend and I are both first boors, so when we want to drive, we drive! After we butted heads a couple times, I had to sit her down and insist that we decide how we decide who drives. We came to a very workable solution. It was an experience that did draw us closer. Sometimes it goes that far, but it must be agreed upon.

There must be a balance.

You keep separate identities.

You have your own strong identity.

You stand up for what you believe.

Do not put yourself down. Do not ever let anyone put you down or make fun of you. Either call them on it or ignore it, depending on the situation. This is very different from being able to laugh at yourself. It is very important to be able to laugh at yourself. She will very much appreciate it.

There are those times when a woman gets quiet. It may have been something we said. When she gets quiet, ask her what is on her mind.

Listen carefully. Discuss it fully. Do NOT let her get out of this. Do not move forward until she shares what is bothering her. To do so would be a huge mistake. Don't try to force it; just don't move forward until it is finally discussed. You don't want to continue with the evening's events or go home and have sex, because that grudge she has will get anchored to everything you do together.

One mistake I have seen guys make is when they are out on a date with their woman, they will for no reason at all plant a kiss on her. There are two problems with this: 1. She is emotionally needy and needs the attention (which means he selected wrong) or 2. she is an independent woman and will only grow tired of the supplication. Do not smother her in kisses. Instead, BE The Man and let her kiss you. Then reward her good behavior. This is different from being indifferent, which is just as bad.

Study role models.

Get Mark's "Scoring with Married Women" to learn more about how to BE The Man. Mark tells us to learn about the romantic hero in the romance novels, and to read the book "Dangerous Men and Adventurous Women."

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Study Mickey Rourke in "9 1/2 Weeks" and especially in "Wild Orchids." Study Seymore Butts in "Squirters 2." He has a very healthy relationship with women. Study Johnny Depp in "Don Juan DeMarco." Learn to talk like him. Learn to think like him. Learn to love women as passionately as he does.

Use self hypnosis to make it your reality that you ARE The Man. Feel all the traits which that causes to become true for you. Incorporate those traits. Each new trait becomes a part of you, permanently. Like Mark says: "There IS NO off switch."

And some of the most important things I have learned from Mark: You rely on you.

You are in control of yourself.

Everything that happens to you is your own doing.

You no longer concern yourself with what other people think of you.

You no longer doubt yourself.

You completely believe in yourself.

Instead of being inappropriately serious, you are playful.

You are done accommodating to the world, the world now accommodates to you.

You are exceptional. From here on out, you are no longer ordinary.

You have arrived. There is no more "I will do that, just as soon as I do (fill in the blank.)" From here on out it's "Well, here I am. After all those years I have finally arrived. Now I take responsibility."

And probably the best advice I can give you:

Do not look outside of yourself for a sense of personal power. The anticlimactic realization is that personal power comes from within. However, as Mark says "Our imagination, by definition, is limited by what we already know." Therefore, in order to expand our horizons and learn more about ourselves, we do go to others to learn what has been possible for them.

I first realized my own sense of personal power after attending Mark's "Intro to Stage Hypnosis." I was as much afraid of hypnosis as I was fascinated by it. But I knew that I had to learn it. I knew that I would never be happy with myself until I faced the fear and learned it. Interestingly, I found it to be very easy and lots of fun.

Don't TRY to be personally powerful. Don't ACT personally powerful. BE personally powerful.

You are genuine.

You are convincing.

You are believable.

You command respect.

"Now you're playing for keeps." Mark Cunningham

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Essence of a True Master

Some men are 'naturals.' Women love them, are drawn to them, and are highly responsive to them. In other words, the true masters are in very deep rapport with women. I wanted to know what the true masters have, what they do, and who they ARE. I have been studying the true masters, such as Giacomo Casanova, Mark Cunningham, and Rich H, just as Napoleon Hill studied the true masters of industry, like Henry Ford and Thomas Edison.

Robert Dilts, a leading NLP researcher, proposed the six neurological levels:

Transmission

6. Spiritual

Mission

5. Identity (Who)

Permission/Motivation

4. Beliefs/Values (Why)

Direction

3. Capabilities (How)

Action

2. Behaviors (What)

Reaction

1. Environment (Where/When)

Boundaries and Constraints

The lowest level is environment, the place and time we are in and the people we are with. Environment is defined by boundaries and constraints. Rapport is built through shared experiences.

The second level is behavior; the actions and thoughts we carry out consciously. Behaviors are in reaction to environment. Rapport is built through our actions in uptime.

The third level is capability, or skills - our unconscious competence. Capabilities determine action, which is manifest in behavior. We develop rapport building skills.

The fourth level is beliefs and values; what we believe is true and what is important to us. Beliefs and values provide direction for skills building. Rapport is built through congruency of values.

The fifth level is identity, your sense of yourself and mission in life, who you ARE. Identity provides and determines the permission and motivation for beliefs and values. Rapport is with yourself; through congruency between the core beliefs and values that define who you are.

The highest level is spiritual, your connection to the infinite universe. The spiritual level provides the motivation for the identity.

Rapport is being one with humankind and all of the universe through

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transmission.

Each level drives the next lower level. A true master develops all the levels. A true master is in rapport with women on all levels.

Spiritual: A true master feels a connection to all women. Women sense his positive nurturing energy, but even more, they feel his sexual energy. They are naturally drawn to him, and see him as a sensual being.

Hill tells us that the ultimate secret to success is to spiritually tap into the infinite intelligence in the universe. Casanova had an uncanny spiritual connection with women. Women were curiously drawn to him.

It is very natural for a true master to have as a mission giving women incredible pleasure.

"Man's greatest motivating force is his desire to please woman!" Napoleon Hill
Identity: Who a true master IS.

"BE a Master..." Mark Cunningham.

A true master is in rapport with himself. He has the identity of a man that loves women.

"I love women." Hue Hefner.

His identity gives him permission and motivation to be sensual with women.

"Women love being seduced. They love the way that feels." Rick H.

Beliefs and Values: A true master believes in women. He expects the best in a woman.

"Let her be all the woman she can be." Mark Cunningham.

He believes in the importance of sexually pleasing women. A true master believes that women love him.

"Women love men who love women." Mark Cunningham. A true master believes that he deserves women.

"Be it real or feigned, her sleep tells the intelligent lover of an adored object that he is unworthy to enjoy her the moment he begins to wonder if he may or may not take advantage of it." Giacomo Casanova.

His beliefs and values provide direction to his skills building. Capability: His skills in bringing out the best in a woman. His rapport building skills. His skills in sexually pleasing women. "Any woman can be taught to squirt." Mark Cunningham. His skills provide the actions necessary to please women. Behavior: What he does to please women. Treating women with respect.

"Leave them better than you found them." Mark Cunningham

His behavior is a natural and effective reaction to the women in his environment. Noticing her feedback, using what she gives him.

"She will tell you everything you need to seduce her." Mark Cunningham

To be a true master means to study them. Read and listen to everything by Mark Cunningham. Read "Story of My Life" by Giacomo Casanova. Read "Think and Grow Rich" by Napoleon Hill.

And lastly, Hill tells us that the truly successful men were also very sexual men.

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"There never has been, and never will be a greater leader, builder, or artist lacking in this driving force of sex."

"She taught me nothing new in matters of the act itself but countless novelties in the way of sighs, ecstasies, transports and natural sentiments that arise only in such moments. Each discovery I made raised my soul to love, which in turn fortified me in the demonstration of my gratitude. She was astonished to find herself receptive to so much pleasure, for I showed her many things she had considered fictions. I did things to her that she did not feel she could ask me to do, and I taught her that the slightest constraint spoils the greatest pleasures. When the morning bells tolled, she raised her eyes to the Third Heaven like an idolatress thanking the Mother and Son for having so well rewarded the effort it had cost her to declare her passion to me." Giacomo Casanova

Super Responsiveness

You have read many examples of super responsiveness in this book. Interestingly, the really sexual women can become super responsive very quickly. Here is an example. But this one got off to a very unresponsive start.

My work in the computer business had become increasingly stressful and demanding. As a result, my girlfriend and I broke up. I became engrossed in my career and worked long hours.

But one evening, I decided to relax at a popular coffee shop, where I met a very interesting woman. She had a fascinating background in corporate sales in the communications industry. Our conversation indicated that she was a very sexual person. I violated one of my cardinal rules and decided to tell her about the book I wrote, just to see what she would say. She was fascinated and wanted to know more.

She was a very intelligent woman. She had a vivid imagination. And, she had all the classic signs of a highly sexual woman. However, she failed on one very important test. She was not a daddy's girl. In fact, she had a very controlling father. I violated another of my cardinal rules by continuing. The next night we went to a nearby restaurant for dinner. We then went to my place for sex.

She was very turned on and as dripping wet as I have ever seen. However, none of my stuff was working. I used the deep spot on her, and she was loving it, but after many minutes she still had not come. Then I used the welcomed method on her, and she was loving that, but after many minutes she still had not come.

So I told her that it would be very exciting for me to watch her masturbate. She did, and she came. Then more playing around and then I told her to masturbate again and she came again.

I knew that nothing was going to work, not even fucking her. But I violated another of my cardinal rules and did it anyway. Of course, that didn't work.

In our conversation later, she confided that she was unable to "loose control." She also revealed that after hearing about my book, she felt "inadequate." That is because she is not sexually self confident, probably because she is not a daddy's girl.

Don't make the same mistakes I made.

Don't tell a woman all the things you have been able to make women experience.

Don't date a woman who is not a daddy's girl, or at the very least, don't date a woman that has control issues.

Don't fuck her if you know it ain't gonna make her come like crazy.

Instead, choose a daddy's girl, or at the very least, a woman who enjoys losing control.

Then, only one at a time, expand her envelope of sexuality. As I have always said, expanding a woman's envelope of sexuality is a very personalized experience that moves along incrementally.

Finally, intercourse ALWAYS results in her orgasm.

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Anyway, the following night she and I spoke on the phone. She had read my book and had flattering comments. About a half hour into the conversation, it became evident that she wanted to have phone sex. I wanted to use the opportunity to condition her mind to be responsive to me.

Me: I have to ask you, how did you like that part where it is possible for a woman to believe she has a penis?

Her: I can't imagine that. I can't imagine what it must be like to be a man and walk around with balls.

Me: What do you think it would be like to have balls?

Her: Oh, that would be too weird!

Me: If you were to have balls, could you feel them against your thighs?

Her: No, I cannot imagine that.

Me: That's ok. What I want you to do is I want you to imagine that you could imagine what it would be like to have balls.

Her: (silence)

Me: Can you do that?

Her: Yes.

Me: Can you feel your balls?

Her: Yes.

Me: Can you feel your balls resting between your thighs? Her: Yes.

Me: That's kind of a strange feeling, isn't it?

Her: Yes.

Me: And to feel that is kind of exciting, isn't it?

Her: (softly) Yes.

Me: In fact, it is beginning to make you excited knowing that you can actually imagine having a cock.

Her: (silence)

Me: You can feel your cock right now, isn't that right?

Her: (silence)

Me: Can you feel your cock?

Her: Yes.

Me: That's kind of exciting, isn't it?

Her: Yes.

Me: In fact, it is so exciting, that you can actually feel your cock getting hard, isn't that right?

Her: (softly) Yes.

Me: Your cock is getting so excited that it craves to be touched. Touch your cock.

Her: (silence)

Me: Are you touching your cock?

Her: No.

Me: What are you doing?

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Her: I am imagining in my mind that I am.

Me: That's good. It feels pretty good, doesn't it?

Her: Yes.

Me: In fact, it feels so fucking good that your cock wants you to stroke it. Stroke your cock. That feels so incredible, doesn't it? Her: (breathlessly) Yes.

I continued leading her through it, and she became increasingly excited. And then, she had an orgasm.

After she caught her breath, she said:

Her: That was WILD!

Me: That's wonderful Baby. Can you describe it?

Her: It was so real. It was external to me. It was really in my cock. Me: Good Baby. Could you actually feel yourself ejaculating?

Her: Oh my God Yes. I can even describe to you where the penis is most sensitive. It is along the front right under the head. Me: That's right Baby. That's wonderful.

Her: That was too WEIRD! That was WILD!

Me: I adore how you can so vividly imagine the things I describe to you. Another thing I adore so much about you is how you get so wet. That is so exciting to me. I am sure you are very wet right now.

Her: Oh Yes.

Me: I love touching you and feeling your wetness. I love touching your clit and making you so excited. Imagine in your mind that I am touching your clit right now. Can you feel me touching your clit?

Her: Yes.

I lead her through that and she had another orgasm.

Me: I adore how you are so responsive to my words, Baby. That gives me great pleasure. And I know it makes you so excited knowing that you are very responsive to my words, isn't that right Baby?

Her: Yes.

Me: In fact, you know that I can make you feel anything, isn't that right?

Her: (softly) Yes.

Me: And knowing that you will feel anything that I describe to you makes you so excited, isn't that right Baby?

Her: Yes.

Me: You are so excited knowing that you are going to experience anything that I describe to you, isn't that right?

Her: Yes.

Me: And when I describe to you what you are to experience, you experience it instantly, isn't that right?

Her: Yes.

Me: I am going to count to 10. And when I get to 10, you are going to instantly have an orgasm.

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Her: Oh God.

Me: When I get to 10, you are going to instantly have a powerful orgasm. And you know that is going to be true, don't you?

Her: (softly) Yes.

Me: And that makes you very excited, doesn't it?

Her: (breathlessly) Yes.

Me: One! You are getting very excited knowing that you are going to have an orgasm when I get to 10.

Her: (breathlessly) Oh God.

Me: Two! You are so flicking wet and excited. You are going to come so fucking hard.

Her: Oh God.

Me: Three! You are getting even more excited. You know it is going to be true. You know you are going to come so hard!

Her: (panting)

I continued, and right on 10, she instantly had an orgasm. I kept telling her "Come Now! Come Hard! Keep Coming Baby!" I wanted to associate the "Come Now" command with her having an orgasm.

After she quieted down, I said to her:

Me: That was so exciting Baby. That pleases me greatly that you are so very responsive to my commands. You now know that I can make you feel any kind of wonderful pleasure.

Her: Yes

Me: And you know that I can make you feel it powerfully.

Her: Yes

Me: And you know that I can make you feel it INSTANTLY! Her: Yes

Me: I am going to say the words to you "Come Now" and when I do, you are going to INSTANTLY have a very powerful total mind and body orgasm. Isn't that right Baby?

Her: Oh God.

Me: And it is going to happen powerfully. And it is going to happen instantly. Isn't that right Baby?

Her: (breathlessly) Yes.

Me: And I am going to say those words to you now, and when I do, you are going to come so fucking hard. And it is going to happen POWERFULLY. And it is going to happen INSTANTLY. And it is going to happen NOW! COME NOW!

She instantly started having an orgasm. I continued coaching her through it, hard, and she came for over a minute.

So, there you have it. A formal hypnotic induction is not required to allow a woman to experience having a penis, or to have an instant orgasm on command. No somnambulism required. Just very deep rapport, and a BELIEF on her part that it will be true. That belief is only possible with respect.

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Two nights later she came over. We sat on the couch and talked for a long time. She is highly educated and very well read. Eventually the conversation moved onto topics of a sexual nature. I had to know if the instant orgasm on command would work again. I said to her:

Me: Do you remember those two words that I tell you?

Her: No, what two words?

Me: Those two words which you respond to powerfully and immediately.

Her: (long pause) No.

Me: When I say those two words, you instantly have an orgasm. And I am going to say them now, and it is going to happen instantly. Come now.

Nothing happened. I could not believe she did not remember that part of our last phone conversation. I did not know if she did not remember or if she was just resisting. Then she said:

Her: Oh my God. I just instantly got soaking wet!

Me: I know, that is because your subconscious mind is in complete control of your body, and your subconscious mind remembers all the things we talked about.

That was a powerful convincer for her. Then we went into the bedroom. She was able to totally let go and she was super responsive to me, and she came many times, including in intercourse.

The following night we spoke on the phone. She said that she very much enjoyed reading my book, but at the same time wished she had not read it, because she thought that nothing would be left to surprise. That is the last time I will make that mistake.

When the topic of discussion got onto sex, I wanted to learn her past sexual experiences and employ them to progress things along. I knew from earlier conversations that she has enjoyed anal sex before and that she finds women attractive. I wanted her to be excited about her and me picking up another woman and both of us fucking the woman. I took a risky approach...

Me: What is the wildest thing you have ever done?

Her: It was a birthday present. The man I was dating brought over another man.

Me: How was that for you?

Her: It was kind of exciting being with two men. But I trusted the man I was dating. And I knew that the guy would not be calling me or anything like that.

Me: Would you consider ever doing that again?

Her: I have never given it any thought. I would really have to trust the man I was dating.

Me: Have you ever been with another woman?

Her: Oh yes. I think women are beautiful. You know, I was seeing a married couple for a while.

Me: How was that?

Her: It was purely sex, and the sex was great. I got the best of both worlds.

Me: Why did it end?

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Her: Because he started calling me. That was outside of the arrangement, so I ended it.

Me: What is the wildest fantasy you have ever had?

Her: Oh no, it's your turn! What is the wildest thing you have ever done?

Me: I can tell you that I have never enlisted a friend to help me fuck my girlfriend.

Her: Ha ha.

Me: But I have to admit, that sounds very taboo, because of the simple fact that nothing affects a man more powerfully than the thought of his woman sleeping with another man. And it is because of that threat that it would be so exciting.

Her: Yes, very true.

Me: So, if I were to bring you a birthday present, would you enjoy that?

Her: Yes. I trust you completely David.

Me: But in order that it be very exciting, would you show great enthusiasm while he fucks you?

Her: Yes. Would you kiss me while he fucks me?

Me: Yes, I would. Would you come really hard for me?

Her: Yes. David, you constantly amaze me, though I shouldn't be surprised. You are not into the fantasies of most men, which are about them getting off, but you are moved by scenarios and experiences.

Me: Most men fantasize about threesomes.

Her: Ha ha, yes, they do. Have you ever had a threesome? Me: Yes.

Her: How was that for you?

Me: They have always been a beautiful expression of sensuality and raw sexuality. And for a woman, a threesome is a study in contrasts. You feel the gentle caress of a beautiful submissive woman's soft body, and you feel the protective hold of a strong dominant man, and you feel them at the same time. In one position you surrender completely to the passion, and in another position you pair up with another to make the third come very hard. Her: Yes.

Me: In the context that it is something that we do together as an expression and celebration of our sexuality, can you imagine you and me being with another woman?

Her: Oh yes. That would be very exciting.

Me: Can you imagine how exciting it would be to be with another woman?

Her: Oh yes.

Me: And would you show great enthusiasm while she fucks you? Her: Oh yes! Of course I would!

Me: And would you be excited by watching me fuck her? Her: Oh yes. Would you kiss me while you fuck her? Me: Oh yes, that would make me come very hard. Her: On yes.

Me: Would you want me to come very hard?

Her: Oh yes. I want you to come very hard.

Me: Let's both make her come very hard. While I fuck her, I want you to lick

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her clit.

Me: Can you imagine how fucking hard we could make her come? Her: Oh my God yes.

Me: Can you imagine you and me going out to meet a woman? Her: I sure can.

Me: Would you be comfortable talking to women?

Her: You know me David. I can talk to anyone anywhere!

Me: Would you be comfortable inviting her to come back with us to our bedroom?

Her: Oh sure. That's no problem.

Me: That would be so much fun.

Her: Yes it would.

Me: Do you remember those two words I tell you? Her: Yes.

Me: And you do remember how when I say them to you, they act instantly, and they act powerfully? Her: (softly) Yes.

Me: And when they do, they keep on working for as long as I want them to, isn't that right?

Her: (softly and with anticipation) Yes.

Me: Come Now!

She instantly starting having an orgasm. I coached her through it and kept her going for about 5 minutes. She was becoming super responsive to me. Then I told her to stop.

After she rested, I said to her "Now, I want you to become completely relaxed. You are going to experience something truly amazing. As you remain completely relaxed, as you continue to breath normally, you can continue to remain completely relaxed, and you can very quietly Come Now! While you remain completely relaxed, and you continue to breath normally, you can Come Now! Come Hard! Even while you remain completely relaxed, you can come hard."

She did remain relaxed, but her breathing did get somewhat choppy. She was coming very hard, yet still relaxed. It was amazing; even without a formal hypnotic induction, she was coming very hard yet very relaxed. I continued talking her through it for another 10 minutes.

I wanted to set up what we would do the next time she came over, so while she was still coming, I said to her:

Me: As you continue to come, you are able to speak in a normal voice, and you are able to answer me now, are you coming really hard?

Her: (softly) Yes.

Me: As you continue to come very hard, you are able to speak in a normal voice. Tell me now, how hard are you coming right now? Her: (Softly) I am coming so hard.

Me: Even as you remain completely relaxed, while you are coming very hard, you can feel my cock in your ass. Feel my cock in your ass. Can you feel my cock in your ass?

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Her: Yes.

Me: As you feel my cock driving in and out of your ass, it makes you come even harder.

Her: Yes.

Me: You love it when I fuck you hard up the ass, and it makes you come so fucking hard.

Her: Oh God.

The following night she came over, and she insisted on taking it up the pooper.

Notice that her responsiveness to me, and all the things she enjoyed, were done without actually "hypnotizing" her. Making it her reality that she had a penis and making her 'jack off', the ten count to orgasm, instant orgasm on command, and extended orgasm.

But it did not happen until after I engaged her imagination.

You see, you don't need to "hypnotize" a woman in order to do all these things.

And remember this: Responsiveness is the reflexive surrender to a convincing believable respected power. When a man is so personally and sensually powerful that a woman would reflexively and happily surrender herself completely to him to do with her as he pleased, she becomes all the woman she has ever dreamed of being. And THAT brings her true fulfillment.

"No matter how hard the shell, they all have a soft chewy center." David Shade

You Don't Need to "Hypnotize" Her

Mark Cunningham said: "I use the working definition as follows: Hypnosis is the suspension of the Critical Factor, coupled with the establishment of acceptable selective thinking. Or... she suspends judgments and focuses on being led through an experience. Relaxation, catalepsy, all the 'classic' tests do not have to be present in order to have a profound trance effect taking place."

The critical factor (that part of the conscious mind that critiques everything) is temporarily put aside. In other words, it's like going to see a good movie and you suspend all disbelief.

He also said "When input is recognized, then a comparison is made. It's the comparison and judgment made that is of the essence. The gateway to trance is the suspension of the comparison engine, so the subconscious cannot distinguish between fact and illusion."

So, if a comparison is made and the result comes back 'familiar' the suggestion goes straight in. For example, if you say to your woman "When I eat you out, you are going to have an orgasm." She will accept that because it is familiar. However, if a comparison is made and the result comes back 'unfamiliar' the suggestion is rejected. For example, if you say to her "When you suck my cock, you will have an orgasm." She will probably not accept that because it is unfamiliar to her. In fact, she will probably give you a very strange look.

If you want to avoid any rejection of suggestion, you must suspend the critical factor. But how do we suspend the critical factor?

Mark speaks about giving the person an entirely new frame. Since it relates to nothing that the person has knowledge of, then there is no resistance to the new frame. The person has nothing to compare it with, except the new frame, and thus the suggestion goes straight in.

He said "I like to pose entirely new frames to subjects because they haven't had time/experience to develop 'defenses' against them. There is loss of mental equilibrium, it acts as a sudden shocking input/command (even when gently posed), and it's a Major distraction, which allows for suggestions slipping in as context rather than directive."

So, a comparison is made, but it cannot be made with anything that is familiar, it can only be made in the context of the new frame that was presented. And in that frame, the desired result is possible. And once that is possible for her in that frame, it can be possible for her at any later time in any frame.

Some of his famous patterns are along these lines. You want your woman to do "A," which happens to be something that she would normally not be interested in doing or normally would not believe to be possible. You pick a subject matter "B," which is something she has little or no working knowledge of, though she may have respect for. You select a new frame, or context, "C." Then you explain how the concept "B" works, and you propose the new frame "C", and in that, "A" is the result,

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or is possible.

For example, if you want your woman to have orgasms whenever she sucks your cock, don't just say to her "Baby, you will have orgasms whenever you suck my cock." That suggestion will probably get rejected. Instead, do as described in the chapter "Now She Loves to Go Down." You want your woman to do "A," (have orgasms when sucking cock.) You pick a subject matter "B," (highly sexual women have such extremely sensitive lips that they can cause an orgasm.) You select a new frame, or context, "C." (Her lips on your cock gives her an orgasm.) Then, you discuss the subject matter "B" (She is so sexual and has such extremely sexual lips that when you touch her lips, just like this, it gives her an orgasm.) and you pose the context "C", (When she feels your pleasure against her lips, it makes her lips even more sensitive and excited) and in that, "A" is the result, or is possible (When she sucks your cock, it makes her lips so excited that it gives her an orgasm.)

As you already know, in order for all of the above to be possible, there must be deep rapport, and there must be that respect that she must have for you in order for her to be responsive to you. And you better have your story straight. Your suggestions will have a much better chance if you go into everything with absolute confidence. You have to be convincing. Only then will your new frame be seriously considered.

This works best with intelligent women. They like to learn new things. They are used to temporarily suspending disbelief in the presence of a new concept. There are countless examples of where a new concept had shattered long standing beliefs, and it was the smart people who figured it out. Intelligent people will take suggestions and they will try them on and walk them around. If they like it, they keep it, otherwise they reject it. It's that simple. Your intelligent woman is going to very much like your suggestions.

Some guys have said to me: "I'm not confident that I can put a girl in a deep state of hypnosis simply by memorizing and reciting the script in the book. I have NO experience with hypnosis." To that I say: Hypnosis is like an orgasm. You have to have experienced it to understand what everybody's talking about. But you don't have to have had an orgasm to give another person an orgasm, and you don't have to be a trained hypnotist to put another person deep into trance.

Re-read the chapter "Think Off" about the first time that I gave a woman an orgasm with no physical stimulation whatsoever. I had no idea what was going to happen, I just simply DID what I had decided that I was going to do. And that was years before I learned hypnosis. You absolutely CAN hypnotize a woman by simply reading "A Complete Script" right out of the book. And a good way to do that is over the phone, for many reasons. So simply DO what you know you have to do. Like Major Mark says "Don't lust for results. Don't let success distract you. DO the fucking exercises!"

It is true that for most people, to fully appreciate hypnosis, you have to have gone in deep yourself. That is what happened when I took Mark's three day hypnosis seminar. Before the seminar I felt that I was unable to hypnotize anyone. After the

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seminar I looked back and thought "That's all it is? That's all I had to do? That's easy!" And then I remembered, that's exactly what I did in "Think Off."

Realize this (and I did not realize it until after I trained to be a hypnotist) you have been a hypnotist your whole life. You have been putting people in and out of trance often. You have been influencing. You have been practicing good hypnosis and bad hypnosis on yourself and others. Now, to really put your woman into deep, closed eyes, zombie hypnosis, simply get her on the phone, in the mood, and read her the script. She'll go in deep, and she'll feel EVERYTHING you tell her to.

"Everything is hypnosis." Richard Bandler

"There is no such thing as hypnosis." John Grinder

Answers to Frequently Asked Questions

Here are some questions I have received. These men gave me permission to repeat their questions here.

KS wrote: "Hi David. I'm a real sentimental fool nice-guy AFC when it comes to being sexual with a woman. I have read a lot of the archives, even gotten depressed at points, because the knowledge challenged my old notions so aggressively."

Here's where you went wrong. You let the knowledge depress you instead of enlightening you. Personally, I found the knowledge to be very enlightening, almost freeing. It was great. Like Major Mark says "Reality will always be your best friend." The key is being able to see things for what they truly are. Tune your NLP filters such that you perceive "reality" as it truly is. Get rid of any "self limiting beliefs." If you have a belief that is limiting you, challenge it and get rid of it.

"Despite my mature age and having a few girlfriends, I am sexually inexperienced. Because of the scarcity in my life, I get really attached when a women gives me some attention."

The scarcity/poverty mentality can be paralyzing. It is only a self-limiting belief, not reality. Get rid of it. The attachment is clinging onto hope, a result of the scarcity mentality.

"All my life I have sub-consciously assumed that sex and love are intertwined. However, they're not, although they can be."

Very true. They're not, though they can be (in a context.) Social programming has everybody believing that love comes before sex. But when you look at reality, you find that most women have sex and then maybe, in some cases, fall in love.

"I realized I am really afraid of women."

Fear is your self-limiting beliefs talking to you. The self-limiting beliefs are about women. And thus the fear of women. Replace your self-limiting beliefs with enabling beliefs, and you will be inspired by women.

"I can't relax enough around women to really enjoy them."

Relaxation is the absence of tension caused by internal conflicts between beliefs and desires. Work on your beliefs such that they become congruent with your desires. Then they effortlessly propel you to your goals. Always believe in yourself. Never doubt your own abilities. Never concern yourself with what others think of you.

"Were you ever in my position? Were you ever a sentimental fool who often got his heart crushed because of his nice-guy ways?"

Yep. I didn't think it was fair. Why should women be so cruel while I was so nice? Then I realized that a woman needs a man she can have respect for. Many men make the mistake of believing that being nice means being a push over. But a woman needs a man she can have respect for. Nice without strength is just wimpy. It's OK to be nice, but it has to be in the context of respect. You must command respect. She will only respect you if you have respect for yourself.

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"Were you ever nervous or sexually clumsy in the bedroom?"

Nervous? Maybe a little sometimes. But clumsy? Maybe a little bit the first time, but my God, how fucking hard is it to fuck? I mean really! Think about it - it's totally natural. When you can see it for that, it's easy. Allow yourself to BE a sexual creature. As for giving women unforgettably incredible pleasure and expanding her envelop of sexuality, then yes, technique and skill are required. Fuck 'em right the first time, and there will be plenty of opportunity for further refinement.

"If there was a turn-around point, when was that point? I mean, how long after studying this stuff did you experience your first post AFC success?"

It was gradual for me - a string of little successes that over time built up my self-confidence. But looking back, it didn't have to take so long. Like Major Mark says "You can take the long route of incremental changes, or you can have an epiphany." In other words, just "BE Sensually Powerful."

"Was there ever a defining moment when you could say to yourself, Ah-hah!! that's it! My former (AFC) self no longer exists! He's gone, that hell is over?"

Yep - when I saw things for what they truly are and I decided to BE.

"Recently I met a woman and she invited me to her place. When I got there, she was dressed very sexy. She obviously wanted to get laid."

That's called 'Healthy mammalian behavior.' Listen up, women love sex. Women love passion. You need to become comfortable with that fact, and you need to be ok with it.

"My sexual inexperience showed. I was really nervous. She pulled all of the moves. She was quite experienced, so I feel some humiliation at not being able to properly 'handle' her."

How 'experienced' do you know her to be? How 'experienced' does a woman have to be? Chances are she was just being sexy. She was just being a woman. She was just being comfortable with her own sexuality. She was just BEing. You are the one who generalized that as 'experienced.' There is a lesson in that for you. You don't need to be experienced to be sexy. What you need to BE is The Man. Be the man she needs you to be so she can be all the woman she wants to be.

"We fooled around the whole night... no intercourse though. She never called back... and it really stung."

Sorry to hear that. She may have sensed your nervousness. Women have their ways of knowing before they lay the guy if he's going to be a good lay or not. If not, they bail. They will ask you questions, they will challenge you, they will put opportunities before you; and in each case, they will watch how you respond. Just BE The Man she needs you to be, and your responses to her testing will bring her closer to you. Interestingly, you most often don't need your own original material; she will provide everything you need.

"So, if she's giving me clear signals do I offer her a message"? Sure.

"If she says yes, what kinds of things can you say to a women to really make her feel good and sexy?"

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Tell her she is sexy. But don't say it from a position of scarcity. Instead, say it from a position of a real man who appreciates the beauty in a sexual woman. Big difference.

"If I'm massaging her, could I use SS language like Orion does in *Magical Connections*."

If she is giving you such obvious clear signals, that won't be necessary. Orion's language is for seducing women, but your woman was obviously seducing you. Often times all you have to do is show up and agree. Give her what she really wants - a good thorough fucking.

"Before bringing a woman into the bedroom, what do women like to hear from a guy? Are compliments in order? For example, if I'm massaging her, is it cool to say... 'you smell wonderful' or 'your skin is so soft.'"

Yes, compliments are in order IF she is giving you such clear indications. Reward her good behavior. Tell her how she makes you feel. Tell her what you like about her. Remember: Women like to be feel sexy. Women like to feel beautiful. Women like it when you like them. When she has respect for you, compliments will make her feel those things. Of course, do not overdo the compliments, as that will dilute their effectiveness. And always remember, women like to fuck. They like passion. However, they are sexually submissive creatures and they certainly don't want to seem like a cheap slut, so they won't make it obvious. So they put out signals and rely on The Man in you to respond to those signals and to do something about it.

"Ok, I don't know what to say... I guess, more than anything, I'd love to know what to say to a women, before, during, and after sex."

I think you do know what to say. What you need is permission to say them. And only you can do that. That can only happen when you believe you deserve that which you want.

"After sex, do you compliment her?"

Probably not, it would sound like she was being told she is a great fuck. That reduces her to a thing. Instead, you want to elevate her to a new height. Tell her how it has made you feel close to her. Say to her "Oh Baby, I feel so close to you. I cannot hold you close enough." Then say "I hope you're not going to just roll over and go to sleep. Talk to me!" That always cracks 'em up. In the words of Don Juan Demarco "Every true lover knows that the moment of greatest satisfaction comes when ecstasy is long over, and he beholds before him the flower which has blossomed beneath his touch."

PR wrote: "I met a woman and early in the conversation she told me she is at the age where she has reached her sexual peak. She said in her early twenties she couldn't quite get all the satisfaction she wanted from sex, but now she can come and come and come. I just listened and nodded my head, not knowing exactly what to say."

Oh God, that was a golden opportunity. I would have (out of genuine curiosity)

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gently steered her in the direction of further elaboration, more detail, including more of the senses, timeline-ing it all over the place, until she relives all those orgasms and they all get linked to me.

I am a little wary of women who jump right into sex talk. It all too often is a warning flag for trouble. But I also think it is often a test, which as we know is a good thing, because our responses to her tests bring her even closer to us. Call her on it by requesting further elaboration. She can either lay out the map or she can dig a deeper hole.

"Out of nowhere, she asked me, 'Do you like pussy?' I say, 'Of course, why wouldn't I?'"

I would have said "What do you think?" to indicate that it was a stupid question not worthy of reply and that she is expected to explain herself. Women can often be clumsy at brining up direct conversations on the subject of sex, but when they're determined, they'll do it.

"Then she asked me 'Would you fuck a girl really rough if she wanted it?' I said, 'Sure, if that's what pleases my partner.' She said, 'What about slapping her face. Really hard?' I said 'Slapping her face? Hard? I dunno. I think I might draw the line at that. A little slap, but hard?' She said, 'I like it REALLY rough. I want a guy to throw me around, push me to the ground, slap me. But I don't want to have to tell him to. I just want him to DO it.'"

That was a golden invitation to run with it. She was obviously telling you her rules for moving to sex, and better still, she was testing if you were man enough to bring out the sexually ruthless woman in her. Basically, she was interviewing you for the position of DOM. This is a good thing. However, there is one immutable truth about a DOM, he is NEVER questioned. In fact, whenever he is challenged, he simply ignores it and he challenges back. As a general rule, when a woman asks him "Are you man enough?" he responds with "Are you woman enough?"

When she asks "Would you fuck a girl really rough if she wanted it?" reply with "Are you a girl, or are you woman enough to take it really rough?" When she asks "What about slapping her face. Really hard?" reply with "Could you deal with the red hand print you would have on your face?"

And then when she just totally lays it all out on the table by saying "I like it REALLY rough. I want a guy to throw me around, push me to the ground, slap me. But I don't want to have to tell him to. I just want him to DO it" then it's time to call her on her big mouth and close the deal. Reply with "I would have already grabbed you and thrown you in the car, but I'm not convinced yet that you're ready."

"But if I do that, I fear that she may later cry rape."

Of course men should be concerned about false allegations, just as women are concerned about physical assault. Practice common sense in everything. Just because she asks to be taken rough doesn't mean you would immediately oblige her. That would be desperate.

The sub may beg, but the DOM determines if and when.

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Submissive women often are very sassy and spoiled. They are used to getting their way when they want it. But when they do, they lose respect. Deep down inside, they long for a man they can respond to. They are the ones that need a true DOM.

The DOM is a mature and patient man who will not be pushed. The DOM leads his woman through a sequential training program where she learns responsiveness. Incremental progress is made as she demonstrates competence of successive skills. Only proper behavior is rewarded.

Eventually they both get what they want, exactly as they want it. At that advanced level, their adult activity would be thought of as shocking to most people.

AP wrote: "My girlfriend wants to read David Shade's Manual. She wants to learn how to hypnotize me and how to increase the number, duration, and intensity of my orgasms. She loves seeing me in the throes of orgasms and extreme arousal. Now get this, she wants to fuck me in the ass with a strap-on?! What if she hypnotizes me and plants a suggestion that I love it and come like crazy if/when she does me anally? Jeez, talk about testing your limits."

Let her hypnotize you. What's fair is fair. As for her using hypnosis to increase the number, duration, and intensity of your orgasms, she can use the same hypnosis techniques that you learned in this book. Butt ass for her ramming you with a John Holmes casting, there is an alternative that is far more pleasurable for both of you...

You hypnotize her and make it her reality that she has a penis. Have her masturbate to orgasm. (See Chapter 1.) At any later time, even while she is fully conscious, she will again be able to make it real for herself. She will be able to feel her penis and be able to masturbate it to orgasm. Then on the big night, when you assume the position of the fuckie, she will actually be able to feel it! And better still, you won't!!

If she asks about using a hip mounted weapon, simply explain to her that it will only distract from her pleasure.

Only reward her for good behavior. She cannot have her way with you until she has demonstrated consistent mastery of 'jack off' skills. Only then are you two ready for 'The Big Night.' Have fun with it. Make HER take YOU out to dinner and dancing. Say things like "Do you mean it when you say you love me, or are you just trying to get into my pants?" "Do you just want me for my body?" "Are you going to respect me in the morning?" "I want to be appreciated for the unique individual that I am." It will drive her crazy, but it is all for affect, and as you will find, ultimately for her increased pleasure.

It is every woman's ultimate fantasy. Just once, she'd love to take her dominant man and bend him over and fuck him hard. There are two interesting side affects for her. One: she will become very possessive of your ass. Two: it will be by far the most exciting orgasm of her life.

NR wrote: "David, could you give an example of what it means to be an

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Alpha-male in the bedroom?"

I don't really relate with the term 'Alpha-male' as it has many connotations, but if I understand what you are getting at, I will share one of my experiences. It was a late Sunday night...

My girlfriend and I were very tired after a long weekend of late nights at the night clubs and then tender love making way into the night. So on Sunday night she went to bed early. Unfortunately I had to stay up to do my taxes. I finally finished the Federal taxes at 2:00 AM. (Damn Schedule D for capital gains!) I was still wide awake from all the coffee. I contemplated doing my state taxes or doing my girlfriend. After about a half second of deliberation, I went into the bedroom and undressed and then I pulled the covers down and woke her up by saying "You need my cock" while I pulled her panties off. She was blinking and looking for the clock to see what time it was. I immediately separated her legs and started licking her clit. She stopped wondering about the time and started holding her breath. In about a minute she came. While she was still catching her breath, I got on top of her and started doing the nasty while telling her "You love it when I fuck you hard like the horny little bitch that you are." She probably woke the neighbors when she came again. Then I got up and said to her "Assume the position and take it up the ass like the horny little slut that you are" as I went to my dresser for the Astroglide. She slowly turned over onto her hands and knees just as I returned to lube her up. Then I did the dirty deed while holding a fist full of her hair and telling her "You love it when I fuck you hard up the ass like the horny little bitch that you are. You are a very naughty little girl." She came again. Then I laid on my back and told her to get on top of me with her back to me and to watch herself in the mirror as she impaled her ass upon me. As she did that I said "You love watching your ass ride up and down on my cock. That makes you so fucking hot. Show me how good you can fuck your strong man with your ass!" She was going fucking nuts and came again. Then I said "Now lube me up and jack me off and take my cum all over your face. You love it when I blow my wad all over your face." She was more than happy to oblige.

CE wrote: "It takes my girlfriend forever to come, if she does at all. I read at tantra.com that 'men do not give women orgasms, women allow themselves to have orgasms. Unless your partner can give herself up to the pleasures of her body, she won't have orgasms.'

Hogwash. That is total Mars/Venus passive bullshit. Besides, where's the fun in it if you're not Making each other have orgasms?

Don't make your woman surrender to the pleasures in her body, make her surrender to YOU.

Above all else, your woman must be responsive to you. Are you working on that? Are you rewarding good behavior and withdrawing upon bad behavior? Are you training her on new ways to have an orgasm? Are you continually expanding her envelop of sexuality? She must understand that her true fulfillment lies in her being

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completely responsive to you. A woman is most excited and most fulfilled when she is completely surrendered to her strong man.

But for a woman to feel completely surrendered to her man to the point of completely giving over and responding to every command, she must have that special kind of respect for him that only becomes true when she sees in him a sense of personal power to the point that it creates in her a slight tingle of fear, but at the same time, she knows that she has earned the unique status of being benefited by it instead of being threatened by it. Do you understand?

Crank up that sense of personal power and sensuality to the point where your woman understands in you a part that is almost scary, but for her, it is there for her enhanced pleasure. That's where true respect comes in, and where responsiveness begins. Understand? Don't be the man that all women like but few respond to. Be the personally and sensually powerful man that the really sexual ones are drawn to and are super responsive to.

I know you like using the deep spot technique, but that is just a touching technique. You should be able to simply count to ten and your woman will have an orgasm. You should be able to say just two words to her and she will Come Now.

You read that chapter about that highly sexual woman I met in the coffee shop. It got off to a slow start the first night when I used the deep spot and the welcomed method. It was not until the next night, when I engaged her imagination and demonstrated to her the power I could affect over her, that things took off. It was when she understood that I could make her feel anything, and she could not help it, that she became responsive to me. Subsequent times together were marked by a continual stream of wild screaming orgasms. She then would instantly come on command and for as long as I insisted on it. And all without "hypnotizing" her.

CE continued: "I am still working on the 'come on command' technique. My current girlfriend really likes the idea, she loves being hypnotized, but this method has yet to work."

She is not following your commands, and you are not engaging her imagination. Instead, bring her imagination to life. Make it real. And at all times, she must follow your commands, or everything stops until she can agree to the terms.

You must be prepared to withdraw when she does not follow your commands. That instills a fear of loss in her. Another point towards that required level of respect. It may also instill a fear of loss in you, in that it may cause you to lose her. That's where the personally powerful part steps in. Have the respect enough for yourself to demand only the best for you. She can take it or leave it. If she leaves, probably a good thing. If she agrees to it, that is one more demonstration to her of the respect she has for you. Another demonstration to her of the power you have.

I think the reason why I responded so strongly to learning hypnosis was the fact that I was as much afraid of it as I was fascinated by it. Once I experienced it and learned how to do it and found how easy and fun it was, it had a very powerful affect

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on me, and from that was born the realization of my own personal power.

That becomes true for a woman as well. When she sees for herself how powerfully she responds to her own imagination, which is driven by you, she begins to find in herself her own sense of personal power. That's when the flood gates open and anything becomes possible.

Alright, that is the high level stuff, the what you must BE. Now let's talk about the details of what you could say and do.

Remember, the idea is not so much that you make your woman come, but that you have a lot to say about when and how long your woman comes.

There are any number of different possibilities, but I will illustrate two here.

Train her to come ONLY when you say to. Bring Astro Glide and do the welcomed method of stimulating her clitoris. Tell her that you know a way to touch a woman that will make her feel incredible. But don't drive hard for the orgasm; instead tell her to relax and breath normally so that she will enjoy it more. She will comply with your commands, because it will feel so good that she won't want to come. If she does get too close, let off a little and insist that she relax. Now is the time that she is to surrender to you. Tell her "Now Baby, show me how good you can feel. But you cannot come. Show me how fucking good you can feel!" Make sure she is showing you how good she can feel. Coach her on more. Insist that she shows you in a very vocal and enthusiastic manner how good she can feel. As she does so, she begins to realize that she is surrendering to YOU, not her own feelings. She will be concentrated on surrendering to you and forget her self distractions. But don't let her come. Say "Don't come Baby, I want you to show me how good you can feel, but you cannot come until I say you can come." After you do that for a while, she will be begging you to let her come. Tease her for a while longer and then it is time for you to make her come. Drive hard and say "Now Baby, I want you to show me how good you can come. Show me how fucking hard you can come. Come Now! Show me how fucking hard you can come! Come Now!" Continue saying it as she comes. This will set a powerful anchor to your voice command. Insist that she keeps coming harder and harder. If she doesn't come, then step back and say "Listen, maybe we can do this another time when you are ready to show me how good you can feel in response to my touch. I have to go reply to some emails." And leave the room. If she's not going to be responsive to you, there's no point.

Another thing you can do is make her masturbate in front of you. Have her masturbate while you narrate a fantasy into her ear. Pick a fantasy you know she will respond to. Make the fantasy real. Bring it to life. Make sure her imagination is bringing the fantasy to life. If she comes, she is further convinced that she is responsive to you. If she does not, leave as described above.

If she does not have a sense of imagination, she ain't gonna be any fun. Sex will continually be a frustrating experience. And for her, she will grow bored of it, and she will leave to find another man "who can give her that big O" which she will not find, because she seeks power from outside of herself.

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Which brings us back around to what tantra.com wrote. It is true that a woman must take some responsibility, but it is not to her own pleasure, it is to be responsive to her lover. The danger in the statement is that it releases you from responsibility. You are the one who engages her imagination and shows her the personal power within herself. That is, if there is any in there. If there is not, let her go. If there is, she will become aware of her own personal power and she will be forever grateful to you. It is then that the flood gates open to a whole new world of responsiveness where anything is possible.

SC wrote: "My wife tries WAY too hard when we have sex. I feel like I am walking on eggshells whenever we start fooling around and if everything isn't just right she gives up and gets all upset that it didn't work. It seems to be getting worse, unless she is drunk :-). For her to come, she believes everything needs to be just right. She will tell me EXACTLY to 'do this, do that, no don't do that, oh shit its ruined now because this wasn't just right.' This is the basic conversation. Not too enjoyable for me ;-)"

My girlfriend told me once about how a past relationship of hers ended. She said "He was very good looking, well built, and very concerned for my pleasure. However, with time he no longer excited me. I was feeling no mental stimulation. When we had sex, I would fantasize about other people. I told him exactly what to do and then I would concentrate on the fantasy. If he did it wrong, I would be distracted from my fantasy and not be able to come, and got angry at him. I was basically masturbating alone. He was my human vibrator. It got to the point where I preferred to just masturbate by myself. Eventually I did not want to have sex with him altogether so that there would be nobody there to screw things up."

Sound familiar?

Continuing to do the same thing is only going to make it worse.

Remember, it is the man you are outside of the bedroom that allows her to be all the woman she can be inside the bedroom. You must stimulate her mentally and emotionally. But in order for that to happen, you must command respect. Your wife has lost the respect she once had for you.

Or it could be that you have lost the respect you once had for your wife, and you are no longer continuing to invest in the relationship, and she has picked up on it. If that's the case, you have some serious introspection to do.

Unfortunately, you have allowed bad sex to be linked to you, and a lot of it. That is almost impossible to overcome.

If you truly want to invest in the relationship, you have no alternative but to do something drastic and do it right away. I know what you mean by walking on egg shells, it can paralyze you from taking action. But you need to gather up the self respect to overcome that and take the risk. It may be scary, but you know the alternative if you don't.

Self respect is the required ingredient before anyone can have respect for you. Get that self respect. Self respect above all else. (This is different from self above all

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others.) You cannot help her until you can help yourself. You cannot be strong for her until you can be strong.

It is time to get back to basics. Stop being her human vibrator. Work on the responsiveness thing. Do not reward bad behavior. Reward only good behavior. Take the driver's seat. Train her to be responsive to your narration of fantasies. Her good sex with you is to be as a result of her being responsive to your mental stimulation. No sex until she responds to that.

Have you ever noticed how pessimistic worry warts rarely get what they desire, but optimistic pro-active ones usually do? Be honest with yourself about what it is you truly desire, and then be pro-active and keep your eye on the goal.

LB wrote: "I read that approximately 70% of women never once, during their entire lifetimes, reach orgasm from the stimulation of vaginal intercourse alone. Even among the other 30%, climaxing with each and every sexual act isn't a given."

Unfortunately, this is very true. But what most men don't know (and women) is that every physically healthy woman can be trained to orgasm from vaginal intercourse alone.

First, stay away from the clit. As Major Mark has said "Most women become clitorally dependant from years of diligent practice."

Next, awaken her vagina. Use the deep spot, with a heavy application of dirty talk, to give her her first vaginal orgasm. On subsequent nights stimulate less of the deep spot and more of the wall of the vagina to bring her to orgasm, making her vagina even more responsive to stimulation. Next, use a commanding voice to train her to have multiple orgasms from vaginal stimulation. The next night get her close with your finger, then replace your finger with your cock, fire off the usual dirty talk anchors, and bang, she orgasms in intercourse. On subsequent nights, fuck her silly while firing off the same anchors, and she comes multiple times in intercourse. Then she's unstoppable. Every time results in many vaginal orgasms.

All of this can be done in much less time when hypnosis is also used.

Give a woman her first orgasm in intercourse and she will fondly remember you always.

Oh the contributions to the fulfillment of all women we must make. It seems a man's work is never done.

PJ wrote: "I am a man who shares your appreciation of women in every aspect. Lately I have been thinking about who I am and how I come across to the women that I interact with and I have come to the conclusion that the person I play when I talk to women is not always congruent with who I really am."

Women pick up on that immediately. Congruency is important in all aspects, but especially in being congruent with yourself.

"I think this is due to experimenting with some of the seduction methods discussed on the web."

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We all do that when we first get into the seduction community. We read fantastic stories, so we try stuff out. It's a learning experience.

"I have a deep love and fascination for women and I believe you do also. I believe that you could possibly inform me on some of the things I could do in order to be the DONJUAN that is inside of me and engage in more fantasy-like experiences with women."

Mark has said repeatedly "It's not what you do, it's who you are. Work on yourself and getting laid will be the least of your problems." And I would say, nurture that Don Juan that is inside of you. Revel in it.

"I want to take women on a Journey to places they have never been."

Ah yes. Nothing gives me greater satisfaction than seeing a woman experience pleasure she never imagined possible. Like Giacomo Casanova wrote "She was astonished to find herself receptive to so much pleasure, for I showed her many things she had considered fictions. I did things to her that she did not feel she could ask me to do, and I taught her that the slightest constraint spoils the greatest pleasures."

"But currently that isn't what I'm doing. It seems like now I just play a fake role and tease low self esteem women into bed in order to validate themselves through me."

Easy targets. And a lot of men do that, because they need self validation. Maybe they should first fix what's wrong before they involve real people.

"This is not what my soul desires to do. I have no problems getting attractive women to have sex with me. But I have not yet mastered the ability to create a magical realization inside of a woman before sex to the point where she's felt like she's met the RAKE she desires and I feel like I still am not fulfilling my each and every desire with high self esteem high sex drive women, as well as bisexual women and threesome experiences. I desire to be the man from their dreams and at times I truly believe that I am this man. It just seems hard to convey that without seeming like some type of sex freak."

If you think they think you are a sex freak, that is what they are going to think. Instead, BE the man you desire to be. Remember, your beliefs become who you ARE. Work on your beliefs. Identify, challenge, and eliminate self limiting beliefs. Develop empowering beliefs that work for you and that are congruent with factual data from reality. In the absence of hard cold factual data, make shit up that works FOR you.

"I also have been wondering if younger women respond as well to someone that's extremely passionate."

Generally no. It takes a woman with a number of specific qualities to truly appreciate a passionate man, and one of those qualities is that she knows herself and is happy with herself (self validated) and that requires maturity. Generally, young women are still looking for validation from others.

"I do know all women love a man that truly appreciates and loves women and this is the attitude I have been having lately."

Good. Major Mark has said "Women really love men who love women."

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Women respect men who respect women. And women go absolutely crazed-weasel wild over a man who obviously knows how to please and satisfy a woman."

"What I'm interested in is how I should frame my interactions with women and how I can let them know that I am the man that they have been waiting on. For instance I usually open girls indirectly and bust on them until they validate themselves. I am tired of this. I want to have a more direct approach to where I can talk to a woman and lead them to trance quickly. I want to make women really feel as if I'm a fantasy figure. Over the past weeks I have eliminated a lot of things from my game that weren't me and I would like you to help me add things to my game that are me."

You know who you want to be. Develop that. You know what you want in a woman. Interview her for those qualities. As you identify the required qualities in her, you continue. As she identifies you to be a man she could respond to she begins to interview you by testing you. You respond to her tests as the man that you are, which brings her even closer to you.

"Like right now I am sitting next to this girl who I totally crave sexually. I would talk to her now but I see her often and have observed that she is high self esteem. I really wanna fuck her but I want her to fuck me and not some character I created. I am not scared of her at all, in fact I know that my level of desire alone would give her a magical sexual experience. I know that I can fake an image and get her interested. But I am no longer interested in that with any woman. I want to be the one who takes women out of the box of social programming and into a world they have only dreamed of."

Ah yes, sincerity. Women respond to sincerity. Like Mark said "Sincerity is a trance induction." But don't lust to fuck her, instead imagine the look on her face and the pleasure she experiences as she surrenders completely to your touch. Women pick up on the difference in the energies. Lust is predatory, while the other is what they dream of. Women are repelled by predatory energies. They are drawn to the other. When you are sitting next to a woman, think about how much you love to please women, in general, not one woman in particular. She will pick up on it and her energies will become curious. As you talk to her and as you and her begin to develop rapport, you may then begin to direct your energies specifically towards her, but in an emotional bonding way. This will crank her up even more. This is how I implement "sex transmutation," which is a term introduced by Napoleon Hill in the greatest book I have ever read, "Think and Grow Rich." Let her be the one to change the energies to sexual, which she will, and you will feel it the moment it happens.

"Finally, I want to make women surrender and open themselves up to the pleasure that I give."

And that is exactly what a sensual woman dreams of experiencing. You're on the right track. As for the details of the seduction (what to do) keep reading the material on the web. As for who you ARE, keep working on your beliefs, and BE the Don Juan that you believe you deserve to be.

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"A lawyer never asks a question in court that he does not already know the answer to. A true lover never asks a question in bed that he does not already know the answer to be Yes." David Shade

Threesomes

My ex-girlfriend called me up for a booty call. I'm a sucker for the awesome sex I had with her, so I did go over to her house and I serviced her. About a week later she called for servicing again, and again I obliged her. With each booty call, we started talking more, talking about how things used to be, about the deep emotional bond we feel for each other, and about what had gone wrong. Next thing you know, we were talking and seeing each other just as before. She had cunningly calculated the entire rekindling all along. She is one smart woman. And I am a sucker for smart sexy daddy's girls.

However, I had met that fascinating corporate sales lady. (I shall refer to her as "D.") Being the honest man that I am, and always striving to never do anything hurtful, it was necessary for me to be honest with D. I called D and told her that I had gotten back with my ex-girlfriend. D was a bit sad and disappointed. I felt terrible about it. The next day I emailed her and apologized for the fact that I had not known any better way to handle the situation, and I said I would like to remain friends. She emailed me and told me that she would be interested in remaining friends.

I had an idea.

I called her up, and we talked at great length. Then conversation got onto the topic of how things were going for my girlfriend and me. I told her "Very well" and then I dropped the bomb. I said "As you know, my girlfriend loves women. I think she would like you." She said "Is that so?" I said "Yes. In fact, she and I would be honored if you were to join us in a threesome." D was curious about the idea, and had many questions, but was understandably reserved about it. The next day she emailed me and said she would be interested.

We talked on the phone again. She was curious to know what my girlfriend was like. I made her comfortable with the idea of my girlfriend. I also reminded her how my girlfriend can instantly have an orgasm, and I also told her that she could make my girlfriend have an instant orgasm on command by simply saying the five magical words. She was very excited about doing that. I then engaged her imagination to make the threesome real for her and for that to cause her to have a powerful orgasm. It was very important that it be made real for her, and for it to cause her to have an orgasm. Then she and I agreed on dinner on Saturday night at 8:00 for the three of us to get together.

Then I had to introduce the idea to my girlfriend. I did not introduce her to the idea until I had D's complete agreement, because I wanted to make sure it was actually going to happen. I called my girlfriend and I said "I have a surprise for you Baby. This Saturday night, when you come to my place, I have a woman who is going to join us in a threesome." She said "You do?! That's great! Who is she?" I said "Well, Baby, remember when we were broke up? Well, I met a woman. We were dating for a short time, but when you and I got back together, I ended it. But she is a wonderful person, and she loves women, and I invited her to join us for a threesome, and she is very

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excited about the idea." My girlfriend was very excited, but understandably had a lot of questions. I answered all her questions and I assured her that D and I were just friends now, and that D understands the rules that we are a couple and D is joining us simply for an exciting sexual experience. She was excited about the idea.

I also explained to her that she had a great deal that she could teach D about sexual confidence and about identifying good men. She was more than happy to help.

It was very important that the fantasy of a threesome again be made real for my girlfriend, and for the fantasy of a threesome with D to become real for her, and for it to cause her to have an orgasm, so I engaged her imagination to make the threesome real for her and for that to cause her to have a powerful orgasm. But it was especially important that I obtain verbal verification from her that it would be exciting for her to watch me fuck D. She had expressed in the past that it would be very exciting for her to watch me fuck another woman, as it would make me appear even more sexy and strong, but I wanted her verbal verification again, and especially about me fucking D. I made the threesome real for her in her imagination and while she was masturbating to my description of the fantasy, I said to her:

Me: And as you feel her lips sucking your clit into her mouth, it makes you want to come so fucking hard in her mouth.

Her: Oh God

Me: Fuck her lips hard with your hard clit Baby, and come in her mouth. I want you to come so fucking hard in her mouth. That will make her so excited. She wants you to fuck her mouth hard! Her: Oh God

Me: And as you make her so hot with your clit, I will rub her clit, and I will make her clit so fucking hard.

Her: Oh Yes

Me: And as she gets so hot as you fuck her mouth hard, I will make her so fucking hot by rubbing her clit. Let's make her come so fucking hard Baby.

Her: Oh Yes

Me: You fuck her face hard Baby. We're going to make her come so fucking hard.

Her: Oh God

Me: As you fuck her face, I'll fuck her pussy, and we'll make her come so fucking hard baby.

Her: Oh Yes

Me: Fuck her face hard Baby. I'll fuck her pussy hard Baby. Let's make her come so fucking hard!

Her: Oh God

And she came. The fantasy of a threesome, in which I would fuck D, became true in her imagination. It was real for her subconscious mind, thus it could be her reality Saturday night.

On that Saturday evening my girlfriend arrived and we sat on the couch and talked. She shared what she had been up to during our separation. She had been dating,

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but she described how each of the men had made total blundering errors on the first date. It is unnecessary to go into it here, but I cannot believe how stupid some men can be.

Then we got ready and left for to the restaurant. She was looking especially sexy. At 8:00, D arrived, and she was also looking spectacular. I greeted her with a hug and a kiss, and then she and my girlfriend hugged. We sat at the bar, with me standing behind and between the two seated ladies, and became acquainted. After I believed that a sufficient level of rapport had been established, I said to my girlfriend "Doesn't D look beautiful tonight?" My girlfriend smiled at D and said "Yes, she does." I said to D "Do you find my girlfriend to be attractive?" D said "She is beautiful." Things were going well.

After a few more minutes of building sufficient rapport, I told the hostess that we were ready for our table. I wanted a small round table, not a booth. We were brought to our table where my girlfriend sat in the middle. Dinner went very well, with much interesting discussion. Some of the discussion was of a sexuality nature, but nothing really explicit enough yet. Rapport was going fairly well, but it was evident that more time needed to be spent and in a more intimate locality. I suggested to the ladies that we get in my car and go to the local night club.

At the night club, we took 3 seats at a quiet dark back area of the night club against the bar. We could look out at the dance floor and the crowded night club, but we also had some privacy and ability to talk. The two ladies were being affectionate with me, and comfortable with each other, but not really affectionate with each other. Bisexual women are by nature submissive. Often they flirt for a long time before one of them finally gets the guts to start something. My girlfriend is no exception. I know that my girlfriend is shy in the initial meeting with a woman, but once the agreement has been verbalized of common sexual intent, she becomes comfortable and sexually expressive and aggressive. I know that D is very comfortable with meeting new people and moving things along to the verbalization part, but then is much less aggressive sexually.

D went to use the restroom, so I used the opportunity to speak privately with my girlfriend. I said "How are you doing?" She said "OK, I guess. I don't feel as if she is that excited about me." I assured her that D was. D returned and my girlfriend went to the restroom. I said to D "I need to ask you to do something for me, and I know that I can rely on you. She is initially shy with women, but she absolutely loves women. Once she knows that you are sexually interested in her, she will really open up and become very sexually excited." D said "I'll take care of it. When she returns, I want you to go to the restroom." When my girlfriend returned, I excused myself to go to the restroom. I took my time. When I returned, I found that the two ladies were holding each other's hands, hugging, and speaking into each other's ear. I knew I could count on D.

The three of us were becoming increasingly affectionate with each other, and things were going very well. Here I was with two beautiful sexy women who were all

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over me and all over each other. Life is good. However, it was beginning to attract some attention.

There are two critical transition points in any evening. One is moving from the night club to the home, and the other is moving from the living room to the bedroom. It was time to traverse the first.

I said to the ladies "Ladies, we are attracting a great deal of attention. In order for us to continue this, we need to do so in a more private setting. Let's go to my place now." They both agreed and the three of us held hands as we walked out.

When we got home, we continued our conversation, but it was time to make the second transition. This time I knew I could count on my girlfriend to move things along sexually. I said to D "Come here please and give me a big hug." She did, and we hugged. Then I kissed her and she kissed me back passionately. Then I said to her "My girlfriend would find it very exciting if you were to kiss her." She said "Well, I will ask her." She faced my girlfriend and said "Would you like me to kiss you?" My girlfriend said "Yes" and then they hugged and kissed passionately. Then my girlfriend slowly backed the two of them into the bedroom. I knew I could count on my girlfriend.

I lightly touched their backs as they kissed and touched and slowly undressed each other. And I mean slowly. Things were moving along very slowly, but at least they were moving along. One very important thing to have when dealing with two women is patience. It is critically important to be patient, while at the same time remaining calmly in control.

D apologized that she was on her period and wearing a tampon. I assured her that everything is normal and natural. That, however, would put a dampener on any lesbian carpet munching.

They finally were both naked and they fell to the bed and demanded that I undress. I did and I lied next to them as they continued caressing. Then D starting rubbing my girlfriend's clit, and my girlfriend said "Oh, you touch me just like I touch myself. I love that!" Then D gave my girlfriend her 'instant orgasm on command' command, and my girlfriend had an orgasm. Then she rubbed D's clit and told her to have an orgasm, and she did. They had a wild time rubbing each other's clit while they gave each other their respective 'instant orgasm on command' commands. They were loving doing that, and made each other come at least 4 times. I have to admit, it was wild watching the fruits of my creations. But it is interesting that when I do it, I use a commanding voice, but when women do it, it is more of a sensual whisper into the ear. It was marvelous.

After they had sufficiently played with each other, they said "David needs attention now." I sat between my girlfriend's legs and I said to D "She loves it when I suck her clit. Watch how hard this makes her come" and I started going down on my girlfriend. I sucked her clit while humming, and as usual, it sent her ballistic. After she came, I reached into the night stand and obtained a condom. Then I did the nasty with my girlfriend, and I said to D "Let's make her come really hard, tell her to come." D gave my girlfriend the command, and she came.

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Then I told my girlfriend to get the Astroglide as I went into the bathroom to discard the condom and wash off. When I returned, my girlfriend handed the Astroglide to me, and I said "D has a very sensitive ass. Watch how hard her ass makes her come." I lubed up D's ass, and then I used my finger to give her a powerful orgasm. Then I said to my girlfriend "Prepare my cock for fucking her in the ass." My girlfriend applied a condom to me and lubed me up. Then I got behind D and did the dirty deed while I said to my girlfriend "Baby, her butt is so tight, and it feels so good" and I said to D "You love it when I fuck you hard up the ass. Show me how fucking hard that makes you come!" And she did, very powerfully.

Then I excused myself again to go to the bathroom to discard the condom and wash up. When I returned, I said to my girlfriend "Prepare my cock for fucking you in the ass." She got another condom and applied it to me and then lubed me up. I got behind her and did the nasty while I said to D "She loves it when I fuck her hard up the ass like the horny little slut that she is." Then I held my girlfriend's hair and said to D "She loves taking my cock hard up her ass and getting fucked like the slut that she is." D started rubbing my girlfriend's clit, and we made her come very hard.

Again I excused myself to go to the bathroom to discard another condom and wash up again. When I returned, D said "David, you have trouble letting go of control. Come here." She was laying on her back and she positioned me over her face and she started doing this thing with her lips and her tongue that is simply amazing. My girlfriend was fascinated by this. Of course, it did cause me to totally lose control, and D swallowed what must have been a bucket load. That act made my girlfriend so hot that she almost came just by watching.

We were all completely exhausted. I laid down between the two ladies and we fell asleep.

I have to admit, there is something magical about fucking a woman up the ass doggy style while your girlfriend cheers you on.

In managing a threesome, there are a number of very important attributes to manifest.

Work on building the rapport that the two women feel for each other. Don't be overly concerned about them liking you, instead be concerned that everything moves smoothly between them.

Don't try to seduce the women, instead see to it that they are seducing each other.

Bisexual women are usually by nature submissive. You may have to choreograph things a bit to get things started. Leverage each woman's specific skills and strengths.

Patience is very important when dealing with two women. Do not make the critical error of trying to rush things. Instead, maintain calmly in control while helping things to move along at a pace that is comfortable for the women.

Above all, the threesome is not about you, it is about the two women totally enjoying themselves. You'll get yours while you see to it that the women get theirs.

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See to it that the two women fuck each other first, before you become actively engaged in the activities.

Always wear a condom. Between each fuck, go to the bathroom to discard the condom and wash off. Don't give the women any reason to feel concerned about anything.

Always fuck your woman first, then the other woman. It must always be clear that your woman is your main woman.

When you are fucking one woman, always include the other woman, either by talking to her, or having her help you make the one woman come.

You are the `Three Ring Circus' Master.

"All women are bisexual, some are just stuck" Rick H.

Denial

There is a place of transition, right between being really close, and actually coming, when a woman feels completely open and vulnerable. Normally it is so brief as to not be noticed, but it becomes apparent when you bring her up very... very... slowly...

On a number of occasions I have extended that place of transition for my girlfriend by bringing her up very slowly using the welcomed method with slow light stimulation. That place of transition tends to last a bit longer, like maybe a couple of seconds. But I was able to extend it indefinitely by specifically telling her that when she gets very close, she will stay there for as long as I say. I brought her up very slowly while reminding her that she cannot come. After she had been close for a very long time, I reminded her to relax and that she cannot come. She began to slip into that place of transition. As she began to feel completely open and vulnerable, I said to her "Feel completely vulnerable. Whenever I say feel completely vulnerable, you will immediately return to this place of feeling completely vulnerable." I held her there for many minutes. She was truly feeling completely open and vulnerable. She said "David, I would do anything for you." I held her there for as long as I desired, and then I said "Now, Darling, give me your orgasm." She slipped over the edge and had a massive orgasm.

Now, at any time, I can immediately return her to that place, by simply saying to her "Feel completely vulnerable."

My girlfriend was going to attend a meeting for her work in my town, so it was another opportunity for us to be together on a weeknight at my place the night before. We were enjoying conversation on the couch, when I stood up and said "Go into the bedroom, undress, and lay on the bed." She did so. After giving her sufficient time, and a little more, I went into the bedroom and enjoyed the view of her on my bed. She said "What is it?" I said "I adore looking at you. You look so beautiful to me." She smiled. I went to my wardrobe and I obtained two silk ties and I tied her wrists to the bed posts. I stood back and looked at her and said "You look helpless." She shyly smiled and said "Yes." I said "In fact, you appear to be completely vulnerable." She looked longingly at me and softly said "Yes." I removed my belt and lightly dangled it above her body. Then I let the tip of the leather lightly touch her skin. She shivered.

I set the belt down on the bed and I sat down next to her. I looked into her eyes and said "Darling, as you remember, whenever I kiss you, your clit becomes very hard and excited, isn't that right?" She smiled and said "Yes." I said "In fact, it is also true, that when I kiss you, your nipples become very hard and excited, just like this" and I began to suck her nipple. She immediately began to moan. I sucked her nipple until she was very close, and then I stopped. I stood up and said "That is how good your nipple feels when I kiss you." She slightly turned towards me and softly said "Yes."

I walked around to the other side of the bed and placed my face close to hers and said "Darling, whenever I kiss you, your nipples instantly become extremely hard

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and excited, just like this" and I sucked her other nipple. I nibbled and tugged and sucked her nipple until she became very close, and then I stopped. She breathlessly said "Oh God."

I walked to the foot of the bed and said "I am now going to remind you how hard and excited your clit gets when I kiss you. Spread your legs." She did so, and then I crawled onto the bed and began to very slowly and lightly lick her clit. I brought her up very slowly until she was very close, and then I stopped. She was gasping for air, and for the orgasm I was not letting her have. But sure enough, she was feeling completely open and vulnerable.

I obtained the Astroglide and then sat next to her. I lubed up my fingers and began doing the Welcomed method on her very slowly and very softly. She soon became very close again, but I slowed and lightened up even more to hold her orgasm away. Then I stopped and said "This is how good your clit feels every time I kiss you." She just gritted her teeth. I waited a few moments and then began touching her again, and again making it even slower and softer as she got closer. I said "This is how excited your clit gets every time I kiss you." With feather light touches I kept her right on the edge. I said "Every time I kiss you your clit feels this fucking good." Then I stopped.

I stood up and wiped my hands off on a small towel. She said "David, I cannot put my legs together. My clit is so hard that I can't put my legs together." I simply said "I know. Turn to the side." She put her legs together and she turned as much of her body to the side as she could, as her arms were still held wide apart.

I picked up the belt and said "Right now, you are feeling very naughty. In fact, you are being a very bad girl. You need to be disciplined." She began to breathe quickly. I held the buckle of my belt with one hand, the middle of the belt with the other, and then I slapped the free end of the belt against her ass. She flinched. I slapped her again and it made a loud snap. She gasped. I repeatedly slapped her ass, one side and then the other, being careful not to hurt her or make any marks, while saying "You have been a very bad girl, and Daddy is disciplining you." She was going nuts. Just as she got very close, I stopped. She quivered and said "Oh God David."

I stood back and looked upon her for a while as she caught her breath. When she then looked up at me, I said "Roll back onto your back and open your legs." She did, and I sat next to her and said "I am now going to remind you how good your pussy feels when I kiss you" and I slowly slid my finger into her vagina. She closed her eyes and rolled her head back. I softly pressed against her deep spot, but I had to be careful not to make her come, as she was already so close. I said "This is how good your pussy is going to feel whenever I kiss you." She tightly closed her eyes and brought her head forward, trying hard for her orgasm, which I was not going to let her have. I held my finger still, and she gave up trying, knowing that I was not going to let her have it, and she took the opportunity to gather some air. I had to very carefully remove my finger as that stimulation alone could have been enough to make her come. She was that close.

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I let my finger slide down to her anus and I said "In fact, whenever I kiss you, you will find that your ass becomes very excited." I gently slid my finger in while saying "Every time I kiss you, your ass will become extremely excited." Once in, I slowly slid my finger in and out, slower, and then just keeping it still. She wanted to come so badly that she began to ride my finger. I said "This is how excited your ass will become every time I kiss you, isn't that right?" She said "YES!" I said "In fact, your ass will become so excited that it will want to ride my cock, isn't that right?" She said "Oh God Yes." Just as she got very close, I slowly withdrew. She curled up and shivered and said "Oh God David."

I then undressed as I said to her "You do recall how very excited your lips feel when you feel my pleasure against your lips, don't you?" She said "Yes." I said "I am now going to remind you how excited your lips become every time you kiss me." I positioned myself above her face and said "Every time I kiss you, your lips are going to feel as excited as when you SUCK MY COCK!" She started sucking as if she wanted to come so badly. I said "Yes, this is how fucking good your lips feel every time I kiss you." Just as she got really close, I withdrew.

I stood up next to the bed and looked down at her. I wanted to take some time before the grand finale so she could slip a bit farther away from her elusive orgasm. I said to her "Every time you kiss me, you will crave me." She longingly said "Oh Yes." I said "You feel completely vulnerable to me right now, don't you?" "Yes." "You love it when you surrender yourself completely to me, don't you?" "Yes." "You do understand that I could make you come instantly by simply saying five words to you, don't you?" "Yes." "You do understand that I am in complete control of your entire body." "Yes." "You do understand that I am in complete control of every pleasure that you feel, isn't that right?" "Yes."

The suggestions were more than sufficiently planted, and it was time to reward her good behavior. I got on the bed and placed my knees between hers and my hands on either side of her chest and said "In fact, whenever you kiss me, you will crave to feel my cock in your pussy. I know how much your pussy aches to feel me enter you." She gasped "Oh David." I let just the tip of my cock slide in, and I held still. I said "This is how badly your pussy aches for my cock." I slowly slid the tip in and out, just titillating her pussy. She was loosing her mind. I said "Now Baby, I want you to show me how excited you get when you kiss me. Show me how excited that makes you." "Yes David." "Right now you feel completely vulnerable to me, don't you?" "Yes David." "Right now you would do anything for me, wouldn't you?" "Oh God Yes David." As I continued to titillate her pussy with the tip of my cock, I said "What I want you to do is, I want you to show me how good you can come for me Baby." She was trying very hard with the limited stimulation I was giving her. I said "Give me your orgasm Baby." She became very stiff and she went over the edge and began her orgasm. When she was coming, I began pumping her hard and deep and fast. She started coming so hard that she started an ear piercing scream. Fearing that the neighbors would file another noise complaint against me with the apartment complex

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management, I firmly placed my hand over her open mouth while being careful to leave her nostrils clear. I continued pumping her hard and saying "Come like a good girl. Hard! Show me how fucking hard you come for me. Come Hard Baby. Hard!" while she screamed silently into my palm. This lasted for almost a minute.

When she was done, I untied her hands, and she wrapped her arms tightly around me. We held each other for a while. It was time for me to give her the reward that she cherishes the most. I said to her "Darling, you please me greatly. I want to show you how much pleasure you give me" and I started making love to her with long slow strokes as I said to her what I knew would make her crazy "Baby, you make me feel so good. Baby, make my cum come out of me." I normally don't bring my own pleasure to a woman's attention, as it tends to distract her from her orgasm, but in this particular instance, she was so aroused and so ready to come again, that doing so would actually increase her pleasure. She was keeping up with me. She can also feel my energy when I get really close, especially when we are face to face, and it is enough to make her come. I said "Baby, take my cum. Baby, take my orgasm, take my orgasm and make it yours." As she felt my energy, we shared an orgasm together. Fortunately she was much quieter this time.

As we were falling asleep, she said "David, I am so wildly crazy about you. I am so madly in love with you."

In the morning I woke up to see her putting on her blue pinstripe skirted suit for work. She said "Good morning Honey. I have to go to work now, this is a very important meeting." I followed her to the door where she threw her overnight bag over her shoulder. She turned to me and said "Last night was so exciting Baby" and then she kissed me. Instantly she melted and fell against me. I caught her and stood her back up straight. She said "Oh my God! I just instantly got SO horny! Damn, I wish I didn't have to go." The suggestions appeared to have worked.

That night she called me and said "I thought about you all day long. You evoke such powerful emotions in me. You touch parts of me that nobody has been able to touch. You touch me in ways I have always wanted to be touched. The way you touched me was so powerful, so beautiful. It's what life is all about. I feel so alive."

This is so powerful.

On later occasions, I would again bring her up very slowly, but when I got to the licking of the clit part, I would make my licking even lighter and slower, bringing her right to the very edge. Then with the very slightest touch with the tip of my tongue on the tip of her clit, I would continue to hold her right on the very edge, for a very... very... long time. She would be fucking losing it. Eventually, with just the very slightest of touch, she would finally go over the edge. While I maintained the very slightest of touch, she would have a spectacular orgasm. Awesome.

Soon after that, I received a thirty day notice of eviction due to all the noise complaints. So I signed a lease with a new complex down the street. I was furious at the time, but it's funny now when I look back on it. Sort of like a badge of honor.

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"If control was out of my hands, I, in turn, was allowed to be out of control."
Elizabeth McNeill

Anticipation and Vulnerability

I was to leave for a business trip on a Sunday, so on Saturday night, after my girlfriend and I returned to my place after going out for dinner, we decided to make it an evening at home to spend quality time together enjoying loving, tender intimacy, which we both savor. But I had planned to give her something to really think about in my absence...

I asked her to go into the bedroom and change into the sexy black bra, panties, and high heels that I like to see her in. As she did that, I went to my suitcase by the front door and took out two silk ties, and placed a knot in the middle of each. When she returned, I told her how beautiful she looked to me, and I led her to the doorway of my bathroom. She asked me what I was doing, but I did not answer. I tied a silk tie to each of her wrists and then raised her hands far above her head and threw the ties over the top of the bathroom door, and then closed the door behind her, with the knots caught behind the top of the door, thus leaving her restrained in front of the bathroom. I could easily free her by simply opening the door, but there was nothing she could do. I stepped backwards into my living room and admired the view of her. Then I went back to her and bent down and slid her panties down to her ankles, and I then went to my desk and turned on my laptop and began working on some material I had to prepare for my trip.

I worked on a presentation I was going to give on my trip. About 15 minutes into that, my girlfriend said "Did you forget about me?" I continued working on my presentation. I also had some files I wanted to download from my desktop to my laptop. I fiddled with some networking, and then started downloading the files. Then my girlfriend said "I'm getting bored." I went to my suitcase and obtained another silk tie and walked up to her and looked her straight in the eyes and said "I have a lot of work to do. I want you to be quiet" and I placed the tie over her mouth and tied it behind her head. I then returned to my work.

After about a half hour, I finished the presentation, and went to my desktop computer and began reading emails. I did that for another half hour. I then went into the bedroom and brought another suitcase into the living room. I gathered some more things from around my house that I needed for my trip and packed them into the suitcase. When I was done packing, I went to her and put my finger under her chin to raise her head back up, and I said "You do understand that you are my little cum slut. I use you to get off. I haven't decided yet if I'm going to fuck you in the ass or if I'm going to fuck your face." I went into my bedroom and obtained some

Astroglide and a butt plug that I had purchased the day before, unknown to her, and returned. I held her arms and turned her around such that she was facing the door. I said "You are my slutty little bitch" as I lubed up her ass. I leaned against her, pressing her firmly into the door, and said "You're entire purpose is for me to get off" as I slowly slid the plug up her ass and she started moaning.

I stood back and removed my belt and said "Just look at you. You get off on

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having a plug up your ass. You are such a naughty little bitch." I slapped her with my belt. She moaned more. I continued slapping her, being sure to hit the butt plug. She was going crazy. I said "Don't come! Whatever you do, don't come!" I placed my mouth closely to her ear and softly said "You are very close right now, you are so fucking close. That's how fucking naughty you are. You are nothing but my little slutty bitch. You are so naughty." I stood back and slapped her some more, and she was losing her mind.

I then untied the tie over her mouth and I held her with one arm as I carefully opened the door with the other. I held her as she slowly went down to her hands and knees. I unzipped my pants and demanded "Suck my cock bitch!" She went at it like an obedient slave, but not with the enthusiasm that I required. I grabbed her hair and slightly forced her motions while saying "Suck my cock right bitch. Suck my cock good!" Just as she was getting very close again, I pulled her head back. I said "Get up, and go get on the bed on your hands and knees." She had to untangle her panties from her shoes, so she just pulled her shoes off to free herself. I helped her up and she walked into the bedroom as I followed. After she assumed the position on the bed, I disrobed and got on the bed behind. I started fucking her pussy while pressing her butt plug in and out and saying "You're my little cum slut fuck bitch, and I use you to get off!" She went ballistic and started screaming when she started coming. (I had already arranged for the movers, so I was no longer concerned about the neighbors complaining.) I forced harder and ordered her to come harder, and she continued coming and screaming for what must have been two minutes. (No doubt that made the neighbors jealous.)

When she was done, I pulled the plug from her ass, and she gasped and shivered. Usually, just after she has come, her ass is much too sensitive for any kind of further stimulation. But this time I was merciless. I said "You are my little cum slut. You are here for my pleasure, and I am going to take it now!" and I did the dirty deed. She was back at it. I said "Now I remember why you're my little fuck bitch, 'cause your butt makes my dick come so fucking good. Yeah, you're gonna make my cock get off hard." It led to another equally enthusiastic orgasm.

By this time, I was pretty much ready for my grand finale. I ordered her onto her back and I sat above her stomach and I began working on producing my sperm sample while saying "You love it when I blow my wad all over your face." She was a very good girl and took it with an open mouth and open eyes. Some if it, however, got up her nose, and she was puffing hard to get it out. When we both realized how funny it was, we started rolling in hysterical laughter.

In the morning she drove me to the airport. We had much to talk about, with the trip, and my moving arrangements, and the like, that the topic of the previous night did not come up. But later, during my trip, when she and I spoke on the phone, she finally said "David, I cannot stop thinking about that night." I said "Good Baby. Why is that?" She said "I have masturbated to that many times. When I think about it I get so unbelievably excited. I get so excited that it's scary. It has affected me so

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powerfully." I said "I am happy Baby. That's wonderful. What part did you like the most?" She said "All of it, the naughtiness, the anticipation, the not knowing what you were going to do. I normally wouldn't do that, but because it was you telling me that I HAD to do it, it was ok. And you telling me that I HAD to please you was SO incredibly exciting." I said "Why was it scary?" She said "My whole life I have always been in control of everything. I have always been the leader. It feels like letting go when I am with you in that role. It's scary exciting because I've always been in control, and giving up that control is exciting to me. It makes me more vulnerable to you than I have ever been to anyone. It's a very unique feeling. You know that I had a warm loving positive childhood. I have nothing to make up for. It is another healthy way to express my sexuality. I like the attention. I think it's fun. To me, to be sexually submissive is the definition of femininity. I like the contrast between masculine and feminine. I really like a man that's very masculine. I've always been attracted to men that are dominant, but often they are cocky assholes. I've dabbled in power exchange before, but it's never believable. But you are so believable to me. It's hard to find a man who is dominant but not domineering, strong yet sweet. When you play that role, it is so exciting because it magnifies your masculinity to me. You allow me to feel the way I've always wanted to feel. I have always wanted to feel that I wanted to be taken by someone completely. I wanted to feel sexually like I would do anything for this man. I like manly men, and my definition of that is probably different from another woman's. The dichotomy of strong and sweet is very rare. You are my idea of masculine, and it makes me feel extremely feminine. It magnifies it for me when we play the dominant submissive role. You are so confident, so it is so believable. Believing creates those feelings. It is reality for me when we play that. I know that I can just say stop, but that thought is so remote that I don't think about it. I think to myself that I have to do this because

David told me to. It's like a force because I have to please my man, I have to do what he says. You are so reassuring. I admit I get a little shy, and you reassure me and you take me into new things that I had never dreamed I would do. I have become so self confident because you have reassured me. You tell me that my fantasies are exciting to you. When we experience these things, they always turn out so exciting, and I want to open even more and more. It's all about acceptance. That taboo thing. I like to feel that naughty open exposed part of sex. It is so incredibly exciting. I feel so vulnerable, but in trusting loving hands. And that's the greatest feeling, because of that dichotomy. You play to my mental excitement. And I feel completely safe with you, and it's important for me to know that. I like it that you push my limits, but I also like it that you know that it's been pushed enough. That trust and that safety feeling has got to be there. Some men that play dominant go overboard and they get a sadistic charge from having the power over someone else, and that's not what it's about. I know that from the pleasure and excitement that you give me that the power for you is in the way I respond to you and become vulnerable to you. I know that you will not go beyond my limits, because you would no longer be excited by it. I am not into heavy pain, but

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I am into light pain. I would not want you to smack me with a horse whip, but a leather belt is fine, and the more excited I get the more pressure I can take. And you know that balance. When you spank me, the actual smack hurts, but two seconds later it tingles and it feels good and it sends tingles to my pussy. It is the after feeling of the smack. That is when pain goes to pleasure. It is that two seconds after when it feels really good. The more erotic you talk to me, the more the pain gets turned to pleasure. What really turns me on is when you make me give you verbal verification, like when you say 'Who owns you?' and I have to say 'You do.' It gets me even more into it, it gets me more into that role. It still goes back to the pleasure is still coming from my head. It floods me with such strong emotions, and my feelings pour out. When you were spanking me I just wanted to scream out 'I love you David! Oh God, I just love you so much!'"

I told her that I had a homework assignment for her that was due in my email inbox by the following night. I told her to write a story about what would happen the next time we were together. She happily complied. The next evening, just as required, I did receive the story. When I read it, it made even me blush. Later we spoke on the phone and she said "I was excited all day at work, thinking about what I would write when I got home." I said "I am so happy Baby. It was a very sexy story." She said "Even now, when I re-read it, if I had a cock I would have a hard on." I said "That's right Baby, and it feels pretty damn good doesn't it? You can feel your hard on!" She giggled, and I knew she could feel it. So I coached her through it as I made her jack off :-)

"To love is to live on the precipice." Dominique Aury, aka Pauline Reage

The Erotic Mind

Sexual fulfillment has to do with so much more than sex. But some people need it to such an extreme to be fulfilled.

The classic reference on the subject is "Story of O" by Pauline Reage, 1954, ISBN: 0345301110. It is a true story written by a woman under a pseudonym, but who's identity was revealed in 1994 as Dominique Aury. The book from cover to cover is "She was told to put on this. She was whipped. She was prostituted." Etc. etc. over and over. She said "To love is to live on the precipice," which basically means that love has to do with roles, not the other person. When it all came to an end, she preferred death over not having the attention any more. Very needy behavior.

Another classic, which also became a movie, is "9 1/2 Weeks A Memoir of a Love Affair" by Elizabeth McNeill, 1978, ASIN: 0425 1 03 846. It is no longer in print, and used copies in good condition sell for ten times the original price. It is a true story also written by a woman under a pseudonym, but whose identity has never been revealed, for an important reason. The book is nothing like the movie. The man in the book, who was only referred to as "He," had taken complete control of every single detail of Elizabeth's personal life. She said "If control was out of my hands, I, in turn, was allowed to be out of control." It was the role she played that allowed her to feel fulfilled. There are many good lessons in the book about expanding a woman's envelope of sexuality. "He" was a master at it. However, his motivation was all wrong, and her motivation for responding was all wrong. And, he went way too far. He had her doing things that were very dangerous and very illegal. Thus her identity remains a secret. She went along with it, because she was needy. In the end, she had a nervous breakdown and was admitted to a hospital. She never saw him again. So basically, when she was no longer available for him to feel the power, he went elsewhere. He was needy. The relationship had nothing to do with each other, it had all to do with roles.

The book ends with this: "I didn't know what was going on. All I knew was I couldn't stop crying. When I was still crying at six o'clock he took me to a hospital; I was given sedation and after a while the crying stopped. The next day I began a period of treatment that lasted some months. I never saw him again. When my skin had gone back to its even tone I slept with another man and discovered, my hands lying awkwardly on the sheet at either side of me, that I had forgotten what to do with them. I'm responsible and an adult again, full time. What remains is that my sensation thermostat had been thrown out of whack: it's been years and sometimes I wonder whether my body will ever again register above lukewarm."

Now that's fucked up. Sounds like that guy did NOT leave her better than he found her. Sounds like he messed her up big time. He has no idea what it means to help a woman find her own sense of personal power.

On the other hand, I am completely comfortable with the fact that I have helped my girlfriend realize her own sense of personal power. I know that if she and I ever go

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separate ways, that she could skillfully and confidently go out and find a good man and be fulfilled. Not because of some 'role' she played, but because of the person she came to BE. Yes, it is also true that she will not find a man that is as highly skilled as me, but I am confident that she can teach a good man to be.

Dominance and submission is an important activity in increasing your woman's responsiveness to you and in expanding her envelop of sexuality. This type of play is referred to as consensual power exchange. It falls under the larger umbrella of BDSM. Here are some quotes from three books on the subject.

"Different Loving: The World of Sexual Dominance and Submission" by Gloria G. Brame, Jon Jacobs, Will Brame, c 1996, ISBN: 0679769560, Publisher: Villard Books.

Victoria: "On our third date we went to a museum, and while we were walking around, he started whispering things in my ear about how he'd like to tie me up and how he'd like to spank me right there in the museum and let everybody see me with my skirt pulled up and how much I'd probably enjoy exposing myself because I was a naughty little slut. I almost ran out of the museum. But I wanted to hear more, even though I was horrified. Now that I look back I realize that I was horrified because he was saying exactly what I wanted to hear. I didn't want to believe that a nice girl - whatever 'nice' means - could want to do things like that. Before I knew it, I kept going out with him, because I really liked him as a person. And he was great in bed. He was teaching me things that I had only fantasized about before. Some of them I hadn't even fantasized about."

Cleo: "As a submissive, what excites me is being given no choice in what's going to happen and having to satisfy my partner in whatever way he wishes."

"Submissive men comprise the single largest component of D&S culture. The predominant truism in D&S culture is that the sexual submissive is usually someone who, in daily life, had weighty responsibilities. The archetypical submissive is said to be a top executive who longs to yield all responsibility to another person during erotic play."

"Bondage is the sensual experience of sage captivity. To be in bondage is to have no options but to accept one's physical helplessness."

Cleo: "When you're effectively bound you can think of escaping, but eventually, if you try to escape and realize that you cannot, then a switch goes off in the mind. You have to accept."

"Erotic bondage induces psychic liberation. Bondage is, in this respect, an antidote to sexual repression: When the physical restraints are in place, the mental restraints are lifted."

"The Erotic Mind: Unlocking the Inner Sources of Sexual Passion and Fulfillment" by Jack Morin, c 1996, ISBN: 0060984287, Publisher: Perennial.

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"This new paradigm acknowledges and embraces the contradictory dual edged nature of erotic life. It recognizes that anything that inhibits arousal - including anxiety or guilt - can, under different circumstances, amplify it. Consequently, we must view with considerable skepticism any absolute statements about what makes sex either exciting or problematic."

C. A. Tripp: "A person's sexual motivation is seldom aroused and is never rewarding unless something in the partner or in the situation itself is viewed as resistant to it. This resistance may be in the form of the partner's hesitance, the disapproval of outsiders, or any other impediment to easy access."

"The erotic equation: Attraction + Obstacles = Excitement"

"The strongest example of the objectifying quality of lust is a fetish, a super focused erotic fascination with an inanimate object - something like underwear or shoes or garter belts."

"The four Cornerstones of Eroticism: Longing and anticipation, violating prohibitions, searching for power, overcoming ambivalence."

"Longing is fantasy. Romance novels use delayed or interrupted fulfillment to heighten titillation."

"The thrill of naughtiness is ageless and timeless."

"Just as surely as anxiety, guilt, or anger can disrupt sexual enjoyment, they can also enhance it. These feelings are the unexpected aphrodisiacs."

"High states of arousal flow from the tension between persistent problems and triumphant solutions."

"The essence of peak eroticism: Sensual and orgasmic intensity, reduced inhibitions, validation given and received, mutuality and resonance, transcendence of personal boundaries."

"The Passion-Fulfillment Paradox: Even though passion and fulfillment have a close, reciprocal relationship, there is an unavoidable tension between them. Passion seeks fulfillment as its greatest reward, yet fulfillment inevitably subdues passion because it quenches need, and thus desire."

"Arousal: The Secret Logic of Sexual Fantasies" by Dr. Michael J. Bader, ISBN: 0312269331, c 2002, Publisher: Thomas Dunne Books.

"I do not think sexuality is driven by kinky desires. I think it is driven by straightforward desires for pleasure and safety. Kinkiness is merely the complicated route that some people need to take in order to safely feel pleasure. Further, I hope to show that many of life's difficulties stem from irrational, unconscious beliefs, and their accompanying feelings, that were formed in childhood, beliefs that interfere with normal development aims and satisfactions, including sexual satisfaction. Most of us are held back, both in and out of the bedroom, by these beliefs and continually struggle to overcome and master them. Sexual fantasies and preferences represent a complicated attempt to counteract and master specific irrational beliefs in order to enjoy greater pleasure."

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"Sexual preferences are merely sexual fantasies that are enacted in the external world. What we would most like to do, while sometimes secret, is similar to and derives from exactly the same source as what we like to imagine. In the end, sexual excitement feels the same and has the same meaning regardless of the situation that elicits it."

"Safety is the crucial concept needed to decipher the mysteries of sexual passion. Safety is the concept that functions as the key to unlocking the meaning of our fantasies, a kind of Rosetta stone guiding our attempts to translate the language of physical arousal into the language of psychological meanings. The quest for psychological safety is at the center of psychological life."

"Sexual fantasies always find a way of turning the 'no' of guilt into the 'yes' of pleasure, the unconscious intention of fantasy triumphing over guilt. Sexual excitement also requires that we momentarily become selfish. We need to have the capacity to 'use' another person without concerns that the other will feel used. This aspect of sexuality can be aptly described as ruthless. There needs to be tension between selfishness and caring, between using and pleasing the other."

"When we reduce something human to the status of a thing, or imbue things with human qualities, we are said to be fetishizing them. The function of fetishes is to eliminate any guilt and worry that might interfere with sexual excitement by eliminating the human dimension of the other person."

"Since guilt inhibits sexual arousal, its diminution produces excitement. The unconscious logic is a kind of perversion of the Golden Rule: Have others do unto you what you feel guilty about doing unto others."

"The master and slave provide each other with a special kind of attention and recognition that counteracts an internal sense of being unimportant, invisible, and without value"

My comments:

The first book, "Different Loving," is an excellent text book on the subject of dominance and submissiveness.

The second and third books were a result of sex therapy, and thus, covered people with emotional problems. They shed important light on the subject, but missed the big component of healthy individuals expressing their sexuality. Neither book offered to explain the occasional ruthless sexual expression by healthy individuals.

Throughout both books were instances of women with relationship or sexual problems, and all of which had absent, or controlling, or condescending fathers. The author explained how the women were trying to compensate for something that was a result of irrational beliefs rooted in childhood. Not so much as one of the women had a close relationship with her father when she was a little girl. Interestingly, the men with sexual problems also had problematic relationships with their father.

It should be noted that the author of the second book, Dr. Morin, had his own troubled relationship past. He said, "I had just extricated myself from the most painful

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yet sexually exhilarating relationship of my life. At one moment we would be lost in passion. Then, without warning, my lover would vanish, apparently overwhelmed by our closeness. For years I had come back for more until, devastated and humiliated, I eventually broke it off for good."

The first book, "Different Loving," was brought to my attention by my girlfriend. One day she and I were browsing in the bookstore, when she took a book off the shelf and sat down and read it for an hour. She then excitedly showed the book to me, and I suggested we purchase it. After she read it, I asked her to tell me the parts that affected her most, and why. She described them to me, I affirmed her feelings, I made mental note of them, and then at later dates, I made each one of them her reality, thus expanding her envelop of sexuality even further.

"Sex is hardly ever about sex." Shirley MacLaine

The Energy Orgasm

I asked my girlfriend where she felt each orgasm when I stimulated her in each way. They are as follows:

Clit: In clit and then in vagina right when she comes. It makes her vagina "want it."

Front of Deep Spot: In vagina.

Back of Deep Spot: Deep inside vagina, also anus. The most "exerting" of all orgasms. Sometimes the stimulation is too much to handle and it makes her brown out.

Instant Orgasm on Command: Head, vagina, and sometimes clit. Intercourse: Vagina.

Anal intercourse: Vagina and anus. More of a "pressure feeling." Nipple orgasm: Head, vagina, and womb.

It appears that the nipple orgasm is the only orgasm that she feels in her womb. So I went in very deep and stimulated her cervix, thinking that I could cause a womb orgasm, but it resulted in a vaginal orgasm.

So I decided to get to her womb in an entirely different way...

My girlfriend and I are very in touch with each other's energy. I had her lay naked on the couch on her back. I first got her "in the mood" by giving her a nipple orgasm. Then I told her that I was going to try a chakra experiment with her, and for her to close her eyes and tell me anything she sees or feels. After she closed her eyes and became very relaxed, I placed my hand over her womb chakra being careful not to touch her skin. I vividly imagined that my energy was passing from my hand to her womb chakra. Soon she said "I feel warmth, and I feel a nurturing hug." That is exactly what she feels when I energize her womb chakra. I cranked up my energy more. Then she said "I see a very bright light." That is NOT what she experiences when I energize her womb chakra. Then she opened her eyes and looked up and said "Did you just turn a light on? I just saw a very bright light." I said "No Darling, close your eyes and relax." I knew that other chakras besides her womb chakra were being energized, as some of her higher chakras generate light. So I vividly imagined that all the energy from her higher chakras were flowing down to her womb chakra. I gave no thought to the root chakra at this time. I continued, and she again said she felt warmth and hugs. Then I cranked up my sexual energy from my root chakra and up through my womb chakra and up through all of my chakras and sent it down my arm and across my hand into her womb chakra. She instantly said "It is very hot! I am becoming very excited!" I said "I am so glad Baby, where are you feeling the excitement?" She said "It feels like you are massaging my womb." I continued. She said

"It's a radiant heat. I'm getting really excited!" I cranked up my sexual energy more intensely and sent it to her womb chakra. In my mind I said over and over again "Come like a good girl!" She said "Oh my God, I'm getting close!" I continued driving

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the energy hard and repeating the phrase in my mind and then she said "Oh David! I'm gonna come!" And she did. An orgasm caused solely by energy.

I asked her where she felt her orgasm. She said "It was in my womb. It felt like you were massaging my womb, like you were kneading it." I said "That's beautiful Baby. Was it only in your womb?" She said "Yes."

Then I told her to close her eyes because I was going to do another chakra experiment. After she closed her eyes and became relaxed, I placed my hand over her root chakra. I vividly imagined my energy going directly into her clitoris. She said "I feel tingling." I said "Good Baby, where do you feel it?" She said "In my vagina." I concentrated my energies and her energies on flowing the energy down into the very tip of her clitoris. She said "I am becoming very excited!" I said "Oh Yes Baby! Where do you feel the excitement?" She said "My vagina." In my mind I repeated the phrase and I concentrated on the energy. She said "Oh God, I'm getting close!" I concentrated on flowing all of our energies into her clit. Then she said "Oh David! I'm gonna come!" And she did. Another orgasm caused solely by energy.

I asked her where she felt her orgasm. She said "It was in my vagina. It was like you were pulling my orgasm out of me." Oh well, vagina will work too.

I again told her to close her eyes and relax. After she did, I placed my hand over her solar plexus chakra. I had heard stories of men hypnotizing people by using only energy, so I thought I'd try it too. I vividly imagined that I was hypnotizing her. In my mind, I repeated the phrase "Deep Trance. Going all the way down" and other things I say when I hypnotize her. I went into state and I imagined that she was going deeply into trance. I continued this for a few moments. Then she said "I am getting very sleepy." I asked "You are?!" She said "Yes, a very dreamy kind of floaty sleep. It's time to go to bed and fuck." I figured the hypnosis experiment could wait.

Two days later I did a control experiment to verify that my energy orgasm was actually valid. I again had her lay on her back and close her eyes. I told her that I was going to energize her womb chakra. However, when her eyes were closed, I placed my hand over her root chakra. I concentrated my energies and her energies on her root chakra. Soon she said "I feel tingling." I said "Good Baby, where do you feel it?" She said "I feel it in my vagina, but I don't feel the warmth in my womb." I said "That's okay Baby." Then I moved my hand up over her womb chakra and she instantly said "Now I feel the warmth." I continued that until she had another womb orgasm. Awesome!

"By definition, our imagination is limited by what we already know." Mark Cunningham

Foursomes, Moresomes, and Orgies

Imagine this for a moment. Think of a buddy of yours that you trust and who is good with women. It has to be someone you trust. And you ask him to help you out with something. Now, imagine your woman, facing you, naked, on her hands and knees, and then watch the look on her face as your buddy enters her. Now, tell her to show you how good she can fuck. Tell her to fuck him like the horny little slut that she is. And while she fucks him hard, you tell her to show you how fucking hard she can come for you. And as she starts getting close, it tugs at your heart. But then when she comes really hard, she looks amazingly beautiful to you. Yeah, that's right. After your girlfriend smothers you with kisses and hugs, your buddy's girlfriend jumps on the bed and you return the favor and fuck her while your woman cheers you on. Hey, what's fair is fair. And hey, just because your woman is with you doesn't mean you have to be the last man she can ever have sex with. And besides, she has been bringing bisexual women to you so she can watch you fuck them! Get your woman involved in swinging, and tell her to show you how good she can fuck for you. It is the most genuine expression of trust and ruthless expression of sexuality that she could demonstrate to you. If you want her to have everything she ever wanted with you, if you want to make her even more wildly crazy about you, it is extremely powerful. Do it properly and use with caution: it will bring secure relationships much closer together, and destroy the rest.

Because your woman is very happy and fulfilled in her relationship with you, she has no interest in establishing an emotional relationship with another man. But she still is a woman, and she still sees men that she finds attractive. And, damnit, if she's bisexual, she is very attracted to attractive women.

In the context of an expression of sexuality, in the context that it is something that you two do together, in the context that it is for the greater enjoyment of the relationship, and only if your relationship is very secure, swinging offers a steady stream of sexual variety for both of you.

There are a lot more people into swinging than one would think. They come in all shapes and sizes. The ages range anywhere between 22 and 62, but mostly in their 30s and early 40s. Most of the couples are married, with him being straight and her being bi, but there is most any variation you could imagine. Many women went in straight, but became bi after being in the community for a while, and love it. In most cases, both people are equally happy about being in the community. In a few cases, one is just going along with it. You might think that in almost all cases the man suggested the idea to the

At a later date, ask her what she liked most about each of the fantasies. Do not push anything. When she discusses the double penetration fantasy, be sure to mention that you think it would be exciting in the context of your secure relationship with her, it would be an expression of her sexuality, there would be no jealousy on your part, and you would want her to demonstrate to you just how very excited it makes her. This is

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very important; anything she does in expanding her envelop of sexuality is done in order to please you and make the relationship even more exciting

At the next "Story Time," read a fantasy about a threesome, a fantasy about double penetration, and then a fantasy about two couples engaging in wife swapping. Make the fantasies very exciting and very real for her. Then top the night off with some awesome sex. The next night discuss the fantasies. Get her feelings about the wife swapping. After she verifies that it was very exciting for her, as a hypothetical fantasy, repeat the fantasy, but this time about her and you staring in the fantasy, in the context that it is done as a celebration of her sexuality and as something that brings you two even closer to each other. When she gets very excited about that, she has further verified for herself that she would be interested in engaging in that activity. Discuss the context in which it can be real for both of you.

Or you could just simply say to your woman "Darling, this Saturday night I am taking you to a swinger's dance. We will stay and watch for a while. You can then decide if you want to stay longer." Her curiosity alone may be enough for her to agree. Once she is there and sees all the attractive people and the many sexy bisexual women, she will quickly get into it.

After you suggest the idea to your woman, one of her concerns may be that the people in the swinger community are skanky horny unattractive people. Actually, there are many attractive people including lots of hot bisexual women in the community. That is the biggest draw for most women to the community. After you get into the community, don't be surprised if your woman becomes very enthusiastic about the idea. And don't be surprised if she puts in more time and effort into making something happen than you do. It's a good thing.

So... how do you get with a couple? There are three basic ways to meet couples; from swinger's online ads, at the swinger's dances, or at the on-premises clubs. When couples first meet through online ads they exchange pictures and emails, and then agree on a local bar to meet for drinks.. At the dances, people take their time getting to know other people. Often couples have come with another couple that they are already "playing with" and are at the dances as foreplay, but they may have their eyes open for new alternatives if sufficiently impressed. At the on premises clubs, couples are there for one reason and are ready to go. Usually only a short half hour conversation is all that is required before going back to one of the rooms to wife swap.

There are a number of things to remember when you are talking to a couple. Do not be pushy, just be likable and fun. You absolutely must be the guy's buddy. It is very important that he be able to trust you. Hey, it's his wife you're going to be fucking. There is no need to seduce the other woman. Everybody in the swinger community knows what everybody is there for. She only needs to find you likable and socially graceful and relatively attractive. It is very important that she finds your woman attractive. A woman may agree to be with another couple if she really finds the woman attractive. The better looking your woman is, the more couples that will be interested in you two. Demonstrate to the other woman that you understand the

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swinger community and that you know what you are doing. Do this by sharing stories about your experiences in the community. Tell them as if they are humorous stories, but in the stories you convey how you and your woman are very sexual and exciting.

You have to find a couple that is interested in the same things you are. If you two are interested in full swap, you have to eliminate the couples that are only there for soft swap. You do this by talking to them about the community, and sharing experiences. In doing so, you convey the things I talked about above, and you find if they are interested in the same things.

It is a matter of finding a couple in which all 4 people are comfortable with each other. And couples can be flaky. It is usually the woman that must be convinced. The men are usually generally cooperative. Interestingly, often the man just sits back while the woman does the scouting, selecting, and introductions. Sometimes it is the man that flakes, and usually then because he is intimidated.

There may be times when your woman may get frustrated with the seemingly indecisive and inconsistent behavior of couples. It is a lot harder to get 4 people to all like each other than to get 2 people to like each other. Swingers can be very superficial. It is mostly based on physical attraction, since there is not an emotional component.

So... How do you get things started? The typical scenario is talking over drinks. The four people talk about the community and then share their particular preferences and limits. When you do meet a couple that you both like, things then tend to move along quickly. Then it's back to a bedroom.

Once in the bedroom, get the two girls going at it. Have them start kissing each other. After they have done that for a while, then instruct them into further activity. After they have stripped and eaten each other out, they are ready for cock. Then the guys join in.

Be patient. Include your woman in everything you do. And remember, just because a couple is in the community does not necessarily mean they are good lovers.

Search the web for dances and clubs in your area. Attend them and meet people. As they get to know you, they will invite you to the large private unadvertised dances and clubs where the beautiful people go.

"For it is when you surrender to the vulnerabilities of passion that you are fulfilled the most." David Shade

How to Identify the Really Worthy Ones

The first step to success is to CHOOSE WISELY!

Every man has his preferences, but to find a highly responsive woman, the most important things to look for in a woman are: intelligence, imagination, deservedness, and sexuality. If you find a woman with all of those traits, you are in for one wild ride.

Intelligence is the biggest indicator of suggestibility. The more intelligent, the more powerfully she will respond to your suggestions. Intelligence is almost completely genetically determined. There is some aspect of environment, such as if she came from a family that values education. And besides, intelligent women are infinitely more interesting.

Imagination is the component that you will make use of to make things real for her. If she has a very good imagination, you can make anything real for her. If she does not, you are going to be continually frustrated. Imagination is usually closely related to intelligence, but not always. Imagination seems to be determined by genetics, but can be somewhat determined by environment. You can easily determine the imaginative ones by simply observing if they are making real the things you are talking about.

Deservedness is what a woman believes she deserves for herself. Mark is always harping on us for this. You have to find a woman who has a good sense of deservedness.

If the woman does not have a good sense of deservedness, you will be forever frustrated, your energy will be constantly drained, and the relationship is doomed. She cannot appreciate a good man when she's got one. She will sabotage the relationship and eventually leave for some scum that she believes she deserves. If you aren't a psychiatrist or a therapist, there's not much you can do about it.

On the other hand, a woman who does have a good sense of deservedness will be your best ally. She will be routing for you. She believes that she deserves to experience wonderful pleasure, and she believes that she deserves you.

A good sense of deservedness is the opposite of a bad sense of deservedness. (Note: everybody has A sense of deservedness.) An example of a bad sense of deservedness is a woman who stays with a controlling man. Therefore, one of the quickest ways to obtain much information about a woman is to note the men she associates with.

Deservedness is entirely environmentally determined. A person's sense of deservedness begins to develop early in life. I have found that women who had a close relationship with their father when they were little girls have a very good sense of deservedness. Such a woman is a 'daddy's girl.'

A 'daddy's girl' is a woman who had a very close relationship with her father when she was a little girl. He was loving and caring. He believed in her and supported her. He may have even taught her how to throw a baseball or throw a punch. She thus grew up with a high self esteem, a healthy relationship with men, and a good sense of

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deservedness. She is thus emotionally healthy and believes that she deserves to be treated well by men. Interestingly, she is also very skilled at influencing men and making a man feel emotionally close to her.

This is in contrast to another woman who had a condescending or absent father. Such a woman is incapable of forming a deep emotional bond with a man. She has a bottomless pit of emotional need that can never be filled. She believes that she deserves to be treated poorly by men, though she expects being showered with attention and material gifts. She is often spotted in the company of men that view women as things.

Daddy's girls also tend to be talkative. I love talkative women. They have an opinion and they can sustain a conversation. This is in contrast to another woman who needs to be constantly entertained.

Her relationship with her mother is also important. I have known daddy's girls who had mothers that were total emotional basket cases and made very bad decisions for themselves. In those cases, the young women tend to make bad decisions for themselves. To a large extent, women tend to repeat the same successes or failures of their mothers. Such daddy's girls display some of the typical traits of a daddy's girl, such as good eye contact, hearty handshake, and confident posture, but they make mistakes such as choose men poorly or have no direction in life. The very best women are those who had two good parents in a good relationship.

When I am getting to know a woman, I always steer the conversation to find out what her relationship with her father was like. Her response will heavily weigh in my decision. Also, I will at some point pay her a compliment. If she replies with a genuine "Thank you" then that's a good sign. If she responds by denying it or belittling it, that's a bad sign. I will also get conversation to where I ask her about her past relationships, what was good about them and what was bad about them. This gives me a very good idea about her sense of deservedness.

In Mark's "Building a Better Girlfriend" Ross asked Mark how you know if a woman has a good sense of deservedness. Mark replied "You look for goals. If she says she wants to be a dancer, or she wants to get married and have children, or she wants to feel loved; those are all good indications. But if she says she wants what her friends have, that's a bad thing." Mark defines a woman having a good sense of deservedness as a woman who is open to new learning and can look at her mind in new ways.

We as men also need to have a good sense of deservedness. As Mark says, we need to rise above the poverty mentality and we need to believe that we deserve that which will make us wildly happy. "Use this on yourself guys." (BaBGF.)

The two biggest factors to the success or failure of a relationship are respect and a good sense of deservedness. In all the failed relationships I have witnessed, either one, or both, is not present.

Sexuality: A highly sexual woman lives and breathes sexuality. Everything in her life has a sexual meaning. Sexuality flows through her veins. Sexuality is in every

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aspect of her life. These women tend to have very acute senses, usually taste, smell, touch, and hearing. Such a woman is going to be an enthusiastic lover.

Sexuality is very different from promiscuous. Promiscuous women are endlessly seeking the approval of men. They offer what they think men want, their body. They may have a lot of sex, but it is not for the sake of expressing any kind of sexuality, it is just a tool for seeking the approval of men, or manipulating men.

But highly sexual women are more secure in themselves sexually and require no further validation. They do not base their value on what men think of them. They tend to be in long term serious relationships. In between relationships, they can go for a long time without a man. They do not tend to engage in recreational sex. Sex has a much deeper meaning for them and is tied into so many other aspects of who they are. A sexual woman will, however, begin sexual relations quickly upon finding a suitable man.

Sexuality seems to be determined genetically. At a very young age, such a woman had been asking herself questions about sexuality, looking for answers in whatever magazines she could find, and fantasizing about sexuality. Unfortunately, as happens all too often, sexuality can be seriously damaged by traumatic experiences. Such wounds are almost never healed.

So how do you test for all these things in a conversation?

When I meet a woman, the first thing I test for is a good self esteem. Somewhere in the conversation, I will pay her a compliment and see how she responds. If she belittles the compliment or down plays it, I know she has a low self esteem. The compliment will tend to break rapport, as it should. But if she takes the compliment well, such as responding with a genuine "Thank you!" then it may be possible that she has a good self esteem. The compliment will tend to increase rapport, which is what I want.

The next thing I test for is self assuredness and intelligence. Is she engaging? Is she interested in our conversation? Does she further the conversation? Does she have something to say? Is she passionate about something?

Her eyes tell much. If they are shiny and bright, that is a good sign. If her eyes dilate when I describe something, that is a very good sign. That last one is a very important one. I watch to see if the woman is imagining what I am describing, and being engaged in what I am describing. If so, the chances are good that she is suggestible. A highly critical requirement.

Then I will test for "Daddy's girl." I will say to her "Wow, it is obvious that you have a very good self esteem. That is refreshing. I bet you had a close relationship with your father when you were a little girl." If she didn't, it will tend to break rapport, as it should. But if she did, then it always serves to increase rapport in a massive way. Usually she will ask why I say that, and I will go into my "Daddy's girl" theory. The Daddy's Girls always love it. But the ones who were not Daddy's Girls will go into a long illogical discourse attempting to explain why they have a high self esteem.

Then I will test for sexuality. And I don't mean adventurous, or spontaneous, or

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promiscuous. I mean sexuality. And it is very easy to test for. I simply explain to them how I believe that sexuality is very different from adventurous, spontaneous, or promiscuous. The highly sexual women light up and respond powerfully. The non-sexual women look at me with a blank stare because they have no clue what I am talking about.

One of the best ways to learn a lot about a woman is to look at the men she associates with. I will eventually get the conversation onto the subject of her past relationships. I will listen for signs of how she was treated by her men. That describes how she will be most comfortable. If her men did not concern themselves with pleasing her, that is a very bad sign. But if all her men were very interested in her pleasure, then that is a very good sign. They are the women who will most appreciate, and best respond to me.

Some might say "So many tests. It takes the human aspect out of it."

Women test men all the time. Each woman has preferences and past experiences. Each will ask the man questions, they will challenge him, they will put opportunities before him; and in each case, they will watch how he responds. When he is personally and sensually powerful, his responses to her testing will bring her closer to him.

The neat thing about her tests is: the man doesn't need his own original material; she will provide everything he needs. This is especially true for those women who really know what they want, i.e. Daddy's girls.

The Consummation

Some men have said "On the first night, we get most of our clothes off, and I start fingering her. She gets off, then says 'I've already gotten what I wanted tonight' and I end up getting nothing."

I've certainly made THAT mistake before! That happened to me once or twice in college, and I stopped doing THAT.

Here's the general rule to follow for the consummation when dealing with young women. There will be NO touching of clit or pussy until ALL the clothes are off. There can be lots of nipple sucking and tittle squeezing and rubbing of inner thighs, but there will be absolutely NO touching of clit or pussy until ALL the clothes are off (or panties pulled down if in the back seat of a Buick.)

Tug on the panties, but NEVER reach inside them. If she objects to the panties coming off, whatever you do, do NOT reach inside. That would be rewarding IM-proper behavior, and that is a BAD thing!

When the panties come off, lightly touch her clit to create lubrication. Then stimulate her deep spot, but be very careful to NOT make her come. The idea is to get her excited, and aching to be entered, but NOT to make her come.

Then slap on the condom. That tells her it's time for intercourse. If she objects, go NO further. NO more fingering of pussy or touching of clit. That would be rewarding IM-proper behavior.

When things do progress to intercourse, you damn well better make her come THEN, because we always reward Proper behavior :-)

All of the above ONLY applies to the first time. After that, when she is your lover, there should be lots of awesome foreplay. And all of the above only applies to less than mature women. One night stands for immature women are more about conquests and getting off than they are about intimacy.

As for more mature women, they are self assured, interested in the man's pleasure, and decisive. If they go home with a guy, it's because they have already made the decision that they are going to fuck him. If he gets her off before intercourse, she is even happier about her decision to fuck him.

And as for mature high self esteem women, they are especially interested in the man being excited about being with her. (This is in contrast to low self esteem women who are looking for validation.)

Some mature high self esteem women will only go as far as third base the first night of intimacy as a test of two things: 1) can she trust him, and 2) is she still in control. It can also be a test to see if he respects her enough to wait until the next night to have intercourse.

And on top of that, for the very discriminating highly sexual women, it is also a test to see if he can give awesome foreplay before intercourse. These are the really fun ones. In these situations (which you will find yourself in if you choose wisely) she is looking for a lover who is very good. If you have chosen well, awesome foreplay is in

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order.

Which brings us to the classic question: What are the long term ramifications of closing her the first night versus the second night?

My experience has been that if I close a woman the first night, we never see each other again. Of the times I was unable to close the first night, but did on the second night, it led to a long term relationship.

My first experience with that was in college when a very attractive tall young lady and I got together the night we met, and the sex was awesome (I received a number of wonderful compliments) but she never returned my calls! I was crushed, and very puzzled. A few more experiences like that began to tell me something. And then, of the times I was unable to close the first night, but did on the second night, I could not get rid of them.

There have been a few exceptions, but it usually follows that basic formula:

First night = one night stand, second night = relationship.

I began to think most women put men into categories - one night stand, relationship material, fuck buddy, just a friend, loser. And there is no overlap. If she wants anonymous one night stand sex, she never sees him again. If she wants him for a relationship, she makes him wait for the second night.

Conclusion #1: Women categorize men.

Sometimes a woman can be moved from one category to another. There are countless examples of successful relationships that started as friends and moved to lovers, (but deeper inspection shows that most of those probably had some sexual tension all along.)

But it depends on the categories. I have never converted a one night stand to a relationship, (unless it specifically started out as a first night consummation of a long term relationship, and that was rare.) Because a one night stand is only about sex, she believes that the man views her only as a sex object, and she does not believe he could ever view her seriously. She believes that he could never respect her as a person. Similarly, I have never converted a fuck buddy arrangement to a relationship, (unless it already had many aspects of a relationship, or she thought it was a relationship.) On a very few occasions I have been able to convert a one night stand to a fuck buddy. Since it was just about sex in the first place, no problem in it remaining just about sex.

Interestingly, there have been a number of situations where I have converted a relationship to a fuck buddy. But I was unable to do it DURING the relationship, because that would violate the premise of a relationship. What I did was to LJBF her ("let's just be friends"), and THEN as friends, after some time had passed, we would reminisce about the great sex, and then I would propose the fuck buddy idea. Since we were no longer in a relationship, and she already knew me to be an exciting lover, it was okay. In fact, if she didn't really want to look for a new relationship, but just wanted to have hot sex, it was a good thing.

There are rules for each category, and the woman follows the rules.

Conclusion #2. Women follow the rules of each category, and only when it

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does not violate other current standing rules.

And don't be surprised if they DO stick to the rules! Rick H is awesome, and he sets himself as a once in a lifetime adventure, "It's Now or never Baby." The problem with that is - they never come back! Even though he's everything any woman could ever want! What's with that?! (In all respect for Rick, in the cases where he has gotten to know women over time, they tend to want to stay.)

Why do women categorize some men into only one night stands and others into only relationships? What makes her decide? I thought it might be based on what she is looking for at the time. If she just wants a one night stand, that's what she's going to look for. If she wants a relationship, that's what she's going to look for. But I began to find contradictions to that. Many woman have told me that they are looking for a relationship, but I end up closing them that night and never seeing them again. On other occasions women have appeared to be moving things along very quickly but then won't let their panties be taken off, and then the next day talking about bringing me to their family reunion.

Often it appears that women don't know what they want. But I think most of them do. Ultimately, most of them would like to be in an exciting relationship with a very exciting person that they are completely fulfilled with and have everything they could have ever dreamed of. Sounds reasonable. But how often does that happen? What really is "ideal?" They have some learning to do. They need to have experiences. They may meet an exciting man that does not meet all of their "relationship" criteria, but would be fun to fuck, so they have a one night stand. Sometimes they get into a relationship with a dependable person who might not be as exciting, but they want the companionship and regular sex. Sometimes they get drunk at the bar and meet an ideal relationship material guy, but their inhibitions get displaced by their hominess, and they go for immediate gratification. Basically, they fill the time. They learn on their journey.

And then there are those women who want what they can't have - they're called mistresses. And then there are those women who truly don't know what the hell they want - they're called flakes.

Conclusion #3: Sometimes women take what works for them at the moment.

I noticed among my friends that they were attracting certain kinds of women. Some of my buddies were always, and only, getting one night stands. And others went from one long term committed relationship to another. Could it be that women SAW them as being in certain categories, and went with that?

I began to notice that on the times that I drove hard for a first night close, it would most often end up that way, and not in a relationship. On those times that I took my time, if anything it ended up in a relationship.

And when I recall the words of Major Mark: "People believe the reality you present them" and "You must tell them what is expected proper behavior" and "Be careful what you wish for" it all became much clearer.

Conclusion #4. Women go with the frame you present them.

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It all has to do with setting the proper frame. Decide what it is you want, and present that frame. Articulate what is expected proper behavior. If you want a one night stand, set that frame. If you want a relationship, set that frame.

Some might suggest that you first find out what the woman wants, and then meld to that. But often they give the wrong information anyway. They may say they want a relationship, but only say that so they don't look like a slut when they fuck you that night. Some may move things along very quickly, but only to get into a position to sink their long term relationship teeth in you. But most often, the woman is waiting for you to tell her what you want, so she can decide if she wants to play by those rules. The best thing to do is define the rules and then let her decide. Yeah, you may miss one or two on the way who may happen to be looking for something specifically different, but being indecisive is placating and results in far more lost opportunities.

Of course, there are exceptions to everything, and the rules change somewhat as women get older and more mature and more secure in themselves.

"A woman will tell you everything you need to seduce her." Mark Cunningham

Product Recommendations

I have purchased and tested many products. The ones I can highly recommend are listed here.

"The G Spot and Other Discoveries About Human Sexuality" by Ladas, Whipple, and Perry. Copyright 1982. ISBN 0-440-13040-9. 236 pages. \$7. The sexual revolution may have begun in the 1960's, but the sexuality evolution began in the early 1980's, with work such as this book. It has an entire chapter on female ejaculation, which is very informative. It also has chapters on the PC muscle and other good stuff. I have not had as much luck with the G spot as I have had with the Deep Spot, but if you want to teach your woman to squirt, this book is the classic reference.

"Squirters 2" by Seymore Butts. If you want to see how much a woman can ejaculate, rent this movie. You will be amazed. Study Seymore Butts. He has a very healthy relationship with women. You will see why the women like him.

"ESO: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm" by Alan Brauer and Donna Brauer, Copyright 1983, ISBN 0-446-38645. 226 pages. \$14. Another great from the sexuality evolution of the 1980's. If you want to make your woman come continuously for one hour straight then this book is the classic reference.

"Dangerous Men and Adventurous Women." Edited by Jayne Ann Krentz and copyright 1992 by University of Pennsylvania Press, 186 pages. ISBN 0-8122-1411-0. Mark Cunningham suggests we read this. It is a collection of essays by 19 leading romance authors on the appeal of the romance novel. Describes all the traits of the romantic hero.

"A Passion For More" by Susan Shapiro Barash. Copyright 2001 Berkeley Hills Books. ISBN 1-893163-24-5. Ross suggests we read this. The stories of 57 women and what drove them to have extramarital affairs. In almost every case, the woman's thoughts are consumed by the man with whom she has the exciting sex. Everything in the book is entirely consistent with every word that Mark Cunningham tells us in his book about married women, mentioned below.

"Private Thoughts" by Wendy Maltz & Suzie Boss, c 1997, 2001, ISBN 1-57731-146-9, first printed in 2001. This book presents an outstanding thesis on the why and how of female fantasies.

"Story of 0" by Pauline Reage, 1954. ISBN: 0345301110 It is a true story written by a woman under a pseudonym, but whose identity was revealed in 1994 as Dominique Aury. Considered the classic reference for BDSM.

"9 1/2 Weeks A Memoir of a Love Affair" by Elizabeth McNeill, 1978. ASIN: 0425103846. It is no longer in print, and used copies in good condition sell for ten times the original price. It is a true story also written by a woman under a pseudonym, but whose identity has never been revealed.

"Different Loving: The World of Sexual Dominance and Submission" by Gloria G. Brame, Jon Jacobs, Will Brame, c 1996, ISBN: 0679769560, Publisher:

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Villard Books.

"The Erotic Mind: Unlocking the Inner Sources of Sexual Passion and Fulfillment" by Jack Morin, c 1996, ISBN: 0060984287, Publisher: Perennial.

"Arousal: The Secret Logic of Sexual Fantasies" by Dr. Michael J. Bader, ISBN: 0312269331, c 2002, Publisher: Thomas Dunne Books.

"Think and Grow Rich" by Napoleon Hill, c 1960, ISBN 0449214923. The greatest book I have ever read. Hill worked with and studied the great captains of industry, such as Carnegie, Edison, and Ford, and documented all the steps to success. His book is to billionaires what Machiavelli's "The Prince" was to kings.

The remote control egg. She wears the vibrator and you hold the remote. Makes dining out very interesting. Do a Web search on remote control egg. The cheapest I've seen it for is \$60.

Ross Jeffries' "Speed Seduction Home Study Course." Ross' course is the best way to learn NLP and how it applies to communication with women. Good beginner seduction course. \$225. seduction.com

Mark Cunningham's "Major Mark," or as it is more affectionately referred "Boys with Toys." This is an excellent succinct introduction to hypnosis, and gets you to think "outside the box." Includes a powerful attitude kicking induction. Two audio cassettes. Very affordable at \$25. Go to trucor.com.

Mark Cunningham's "Scoring with Married Women." 50 pages. \$40. Works great on single women too. This book teaches you how to be the man that women desire. Chapter 7 is the recipe for a very covert seduction. If you want to please married women, this is an absolute must have. Go to: trucor.com.

Mark Cunningham's "Building a Better Girlfriend." A great work in enhancing a current ongoing relationship. I can recommend it. \$95. Go to trucor.com.

Rick H's "Secrets of Bedding Bi-Sexual Women." If you are dating, or wish to date, a bisexual woman, this product is a must have. Two audio CDs. A real steal at \$26. Go to: seduction.com. Also, read the king of all sarge stories by going to that site and reading Rick H's testimonial.

Jason's Palm Reading Deck. All you will ever need to read palms. Simple and effective. \$19. Lots of fun, and a great medium to get in some patterns. I use palm reading all the time, almost exactly as Rick H. describes how he uses it in his CDs. Call Straightforward at 703-791-6421.

"Energy Medicine" by Donna Eden. Copyright 1998. ISBN 1-58542-021-2. 378 pages. \$17. This is the best book on Energy. Amazing stuff. Though Eden does not describe how Energy can be used for enhanced sexuality, I have used what I learned in her book, along with knowledge gained from some Tantra and Sexual Magick books, to use Energy to enhance a woman's orgasms. It is beyond pleasure.

Mark Cunningham's "Hypnotic Awakenings." Mark very much believes in improving yourself. "It's not what you do, but who you are. Work on yourself, and getting laid will be the least of your problems." Six audio cassettes. \$200. The first three tapes are a complete discourse on hypnosis. The last three tapes include 6

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inductions for improving yourself. Go to trucor.com.

Mark Cunningham's "Introduction to Hypnosis Seminar." Most things can be learned near home, but to learn hypnosis, you must experience what it is to be hypnotized. Going to one of Mark's hypnosis training seminars is a learning experience that will change you in very powerful ways. Air fare, hotel, and seminar costs will add up to hundreds of dollars. But you will never be the same again. Go to trucor.com

"Ask yourself the question: would you date yourself?" Mark Cunningham